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SINGAPORE
DECEMBER 2017

SINGAPORE'S NO. 1 MEN'S MAGAZINE

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TRANSFORM YOUR BODY

In One Hour
A Week **P84**

HOW TV IS
KILLING YOUR
SPERM **P20**

5 PRODUCTS
TO FIGHT
HAIR LOSS

TRIATHLON
TRAINING GUIDE

EVERYTHING
TO SURVIVE
YOUR FIRST TRI

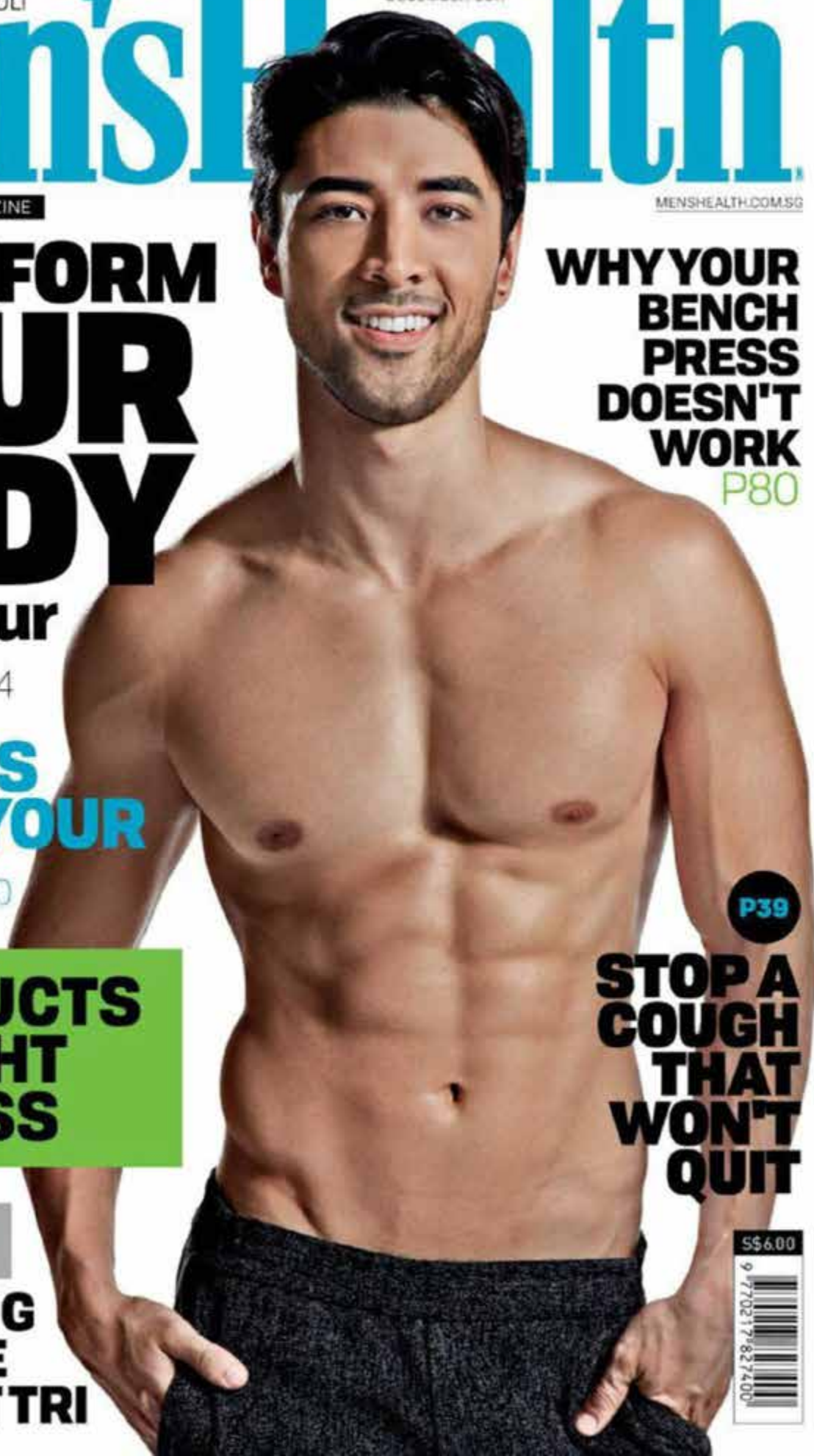
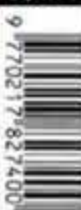
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BENCH
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DOESN'T
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THAT
WON'T
QUIT

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NEW

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- Purchase must be made between 1st Nov to 31st Dec 2017.
- Invalid entries will be disqualified.



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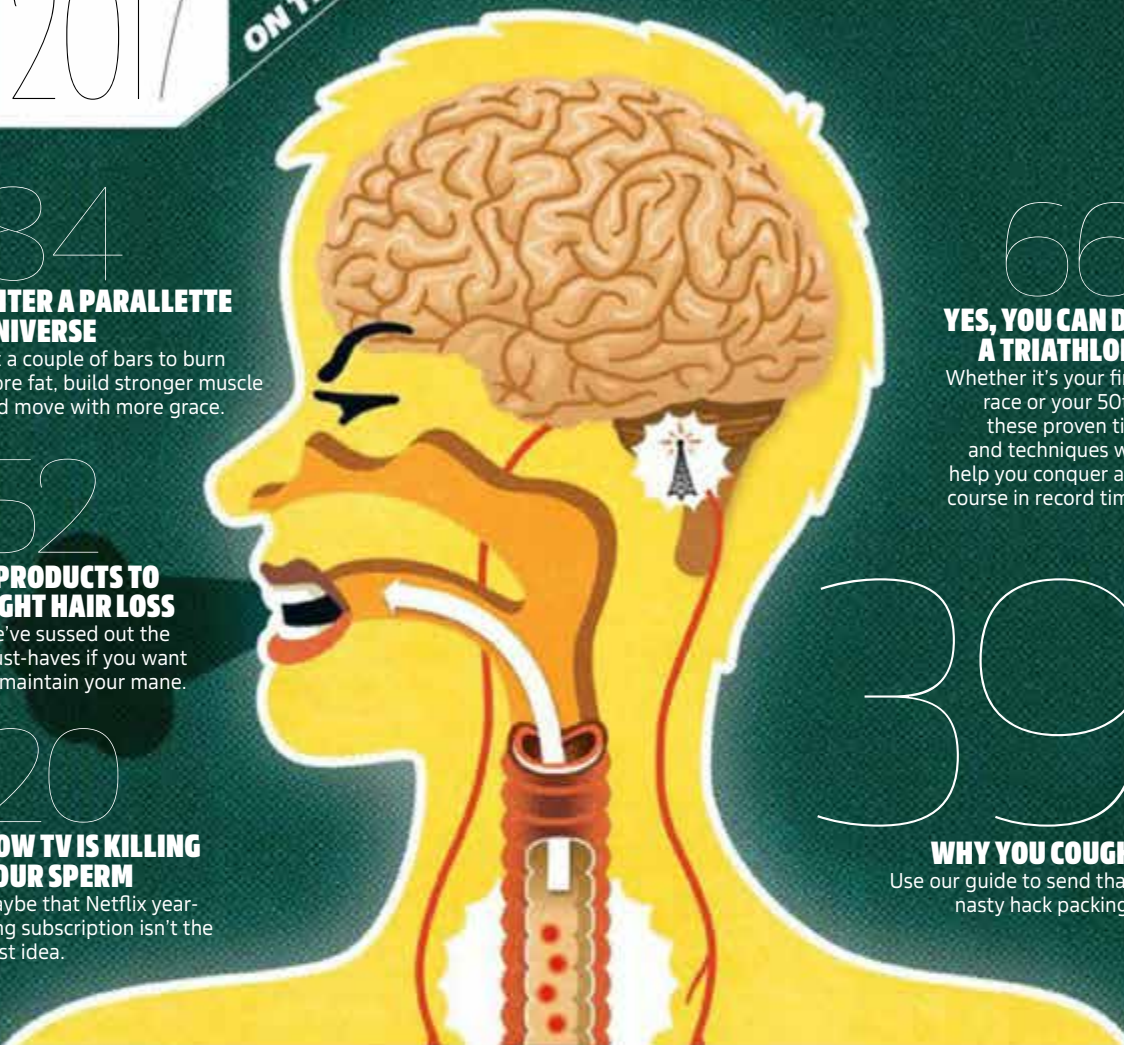
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ON THE COVER

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SWEATPANTS: TOPMAN
MODEL: SEIDY N/AVE

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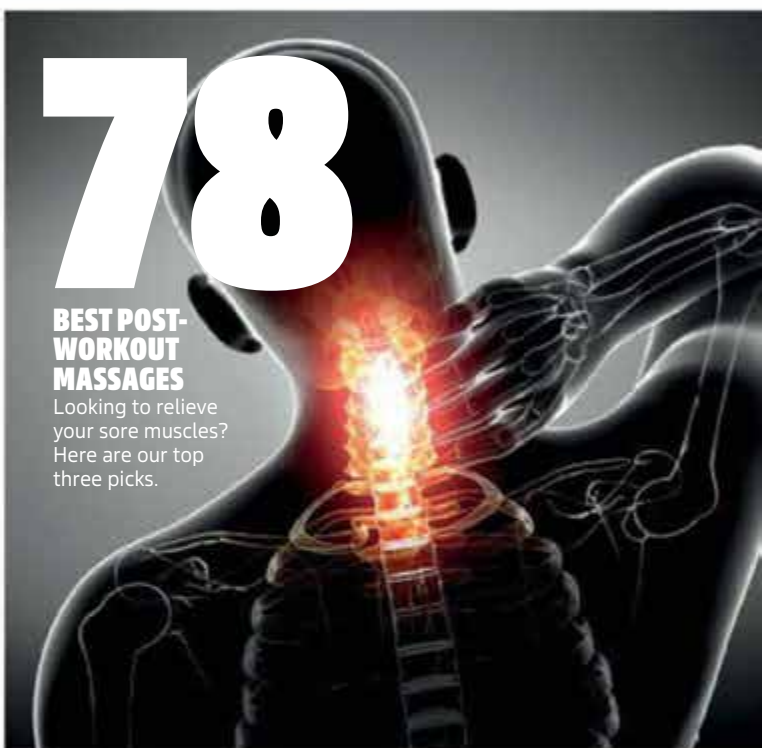
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Pizza might seem an unlikely ally whether you're looking to slim down or pack on size, but if you're willing to deviate from the Neapolitan formula a little, you have the base for some serious gains.





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SAY NO TO SANTA DUTIES

AMARIS B. CLINIC HELPS YOU PARTY THE END OF YEAR AWAY WITH A BRAND NEW LOOK THAT'S "HOT HOT HOT" AND NOT "HO HO HO."

Christmas is coming, but that's no excuse to look like the man in the sleigh – and we don't mean just the snowy beard and red-and-white outfit. If your staff recreation committee's on the hunt for this year's Santa Claus, here's how to avoid being on its radar.

■ FILL OUT THE SUIT IN ALL THE WRONG PLACES

The classic Santa is round in all the right places – think man boobs and a generous belly. All the cookies and milk have to go somewhere, right? So the first step to not getting the part is to make sure you don't look the part. But what if you've been a good boy at the gym all year, yet simply don't have the physique to show for it?

TRY: Amaris B. Clinic's Dr Ivan Puah recommends the VASER Hi-def Lipo to shave off fat in stubborn, hard-to-train areas such as the abs, belly and back for sharper definition all round. If gynecomastia is an issue, you may also wish to consider gynecomastia surgery to put an end to the pain and embarrassment of the condition.

■ SKIP THE JOLLY ROUND FACE AND NOSE

St Nick is not known for a sharp profile – conventional images of the cheerful gift bearer show him with ruddy, rotund cheeks and a knob of a nose. All it takes to steer clear of any potential resemblance: Define your profile with subtle enhancements, and smooth out lines and wrinkles for a more youthful appearance.

TRY: The 4D Fluid Facelift with dermal fillers to ensure your complexion is well taken care of, and to sharpen your features for a more attractive mien.

If all that doesn't help you escape being volunteered for the office party antics, then all we can say is take a cue from the #FashionSanta who's got all the ladies in a tizzy: Look smoking hot as you pull up on your sleigh, flex some toned biceps as you



hoist your sack of presents onto your shoulder, and smirk up a snowstorm. Guaranteed to light some fires, chilly weather or not.

For more information, and to make an appointment for consultation, visit www.amaris-b.com.sg.

THE FIRST STEP TO NOT GETTING THE PART IS TO MAKE SURE YOU DON'T LOOK THE PART.

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

And Here We Are Again

Where did 2017 go? It feels like it has just flown by in the midst of work and day-to-day living, doesn't it? But have you reached all the goals you've aimed for at the start of the year, especially your health and fitness ones?

With a busy schedule, it can sometimes feel impossible to find any additional time in the day. According to experts on the psychology of time management, making the best use of your time – “temporal autonomy,” as they call it – is the key to living better on 24 hours a day.

But that's easier said than done. When you're crunched for time, you're more likely to slack on maintaining healthy habits.

Want to get more out of your day in 2018? Here's a pro tip: Turn off the TV! “It's so easy to lose track of time while watching TV because that's exactly what it's designed to do,” says Todd Durkin, renowned strength coach to professional athletes, and owner of Fitnessquest 10 in San Diego.

Fitness-wise, here's one for the road: Train whenever you can. Whether you have 45 minutes or only five, you can still fit a quick workout in, says Jeremy Shore, lead educator at Dynamax Medicine Balls. “When I'm ultra-busy, I train in short bursts of three to five minutes throughout the day until I can add them all up into one full workout,” he says.

See you in 2018!

Kelvin
Editor



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- DENNIS -

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Why Is Your Wife Losing Interest In Sex?

One of life's greatest joys is having a relationship that is healthy, stable and loving. Obviously, if you have one that ticks all the boxes, you shouldn't take it for granted. However, a recent study shows that it's more than likely that your wife (or long-term girlfriend) is going to get bored of having sex with you. Find out why.

www.bit.ly/2yyUXkq

Going Vegan vs Eating Meat: Which Is Really Healthier?

■ We know of people who went vegan, be it for health or religious purposes. Maybe you've even dabbled in it for a period of time, before giving up and having that nice slab of juicy steak. Find out whether forgoing the meats in your diet, and embracing the green vegetables instead, is really all that healthy and beneficial for you.

www.bit.ly/2j4l4b5



MH VIDEO

6 HABITS TO CHISEL A SOLID SIX-PACK

Can't see your abs yet? It may not be due to your fitness regime, but rather what you do daily that affects your progress. Follow these simple habits and get your six-pack popping in no time.

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T-Touch Expert Solar II in Navy Blue and Military Green

WRIST RANGER

GO ANYWHERE AND DO ANYTHING WITHOUT SKIPPING A BEAT WITH TISSOT'S T-TOUCH EXPERT SOLAR II.

As the saying goes in horological circles, a man's choice of timepiece is a reflection of his personality and character. Beyond keeping time and expressing style, the details on a wristwatch tell the story of who you are and what really matters to you.

■ BOLD AND BEAUTIFUL

Sleek in design, yet pragmatic and functional, the T-Touch Expert Solar II from Tissot is an exceptional watch that's feature packed to accompany the action man to the end of the world (or work) and back without complaint.

Depending on your preference for what type of adrenaline high, Tissot has made the timepiece available in two

colour options: Military Green (\$1,570) and Navy Blue (\$1,480).

Wearers keen on exploits on land will be drawn to the Military Green expression of the T-Touch Expert, where a compass rose design adorns the top half of the dial.

Others who prefer aquatic pursuits will delight in the Navy Blue edition of the watch, where double baton indices on a dotted background is contrasted by lines on the top centre of the dial where the minute indicator sits in between.

Regardless of choice, the brand has produced the T-Touch Expert with action in mind. Both watches feature matching scratch-resistance ceramic bezels with a luminescent compass rose for visual appeal. Each has a touch-sensitive sapphire crystal for easy control of its many functions.

For comfort and durability, silicone bracelets ensure that the lightweight watch, with its 45mm titanium case, sits snugly on the wrist, especially when the going gets tough and the elements wild.

■ ALL-ACTION COMPANION

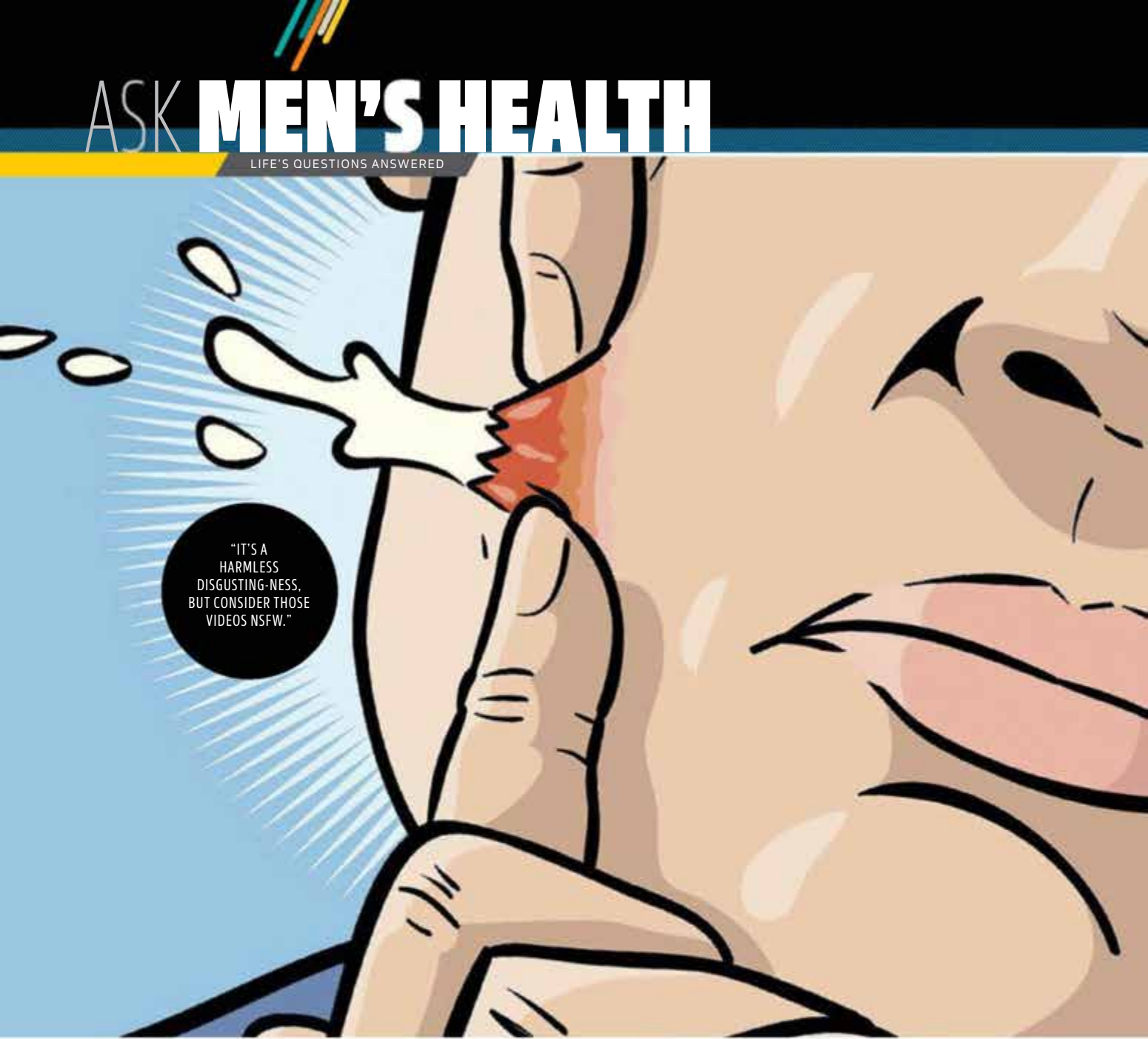
Driving the watch to match desired levels of performance is a solar panel that harnesses both natural and artificial light to recharge its battery. When fully charged, it is able to power more than 20 tactile functions for up to a year, a feature even a wilderness expert like Bear Grylls will surely approve of.

The T-Touch Expert Solar II packs functions like compass, altimeter, and absolute and relative air pressure monitors, which are most handy on higher ground. To support aquatic thrills and expeditions on land, one will find the regatta function, backlight, chronograph and azimuth most useful. Frequent travellers, on the other hand, will delight in the dual timezone and perpetual calendar.

Visit www.tissotwatches.com for more details.

ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



"IT'S A
HARMLESS
DISGUSTING-NESS,
BUT CONSIDER THOSE
VIDEOS NSFW."


**I LIKE WATCHING
ZIT-POPPING
VIDEOS. AM I
NORMAL?**

- Bill

M

Maybe it's a little gross, but it's a harmless disgusting-ness, says Cornell University psychologist David Pizarro. The attraction isn't unlike having a thing for horror movies.

You've got thrills and suspense (such as they are) but there's no actual danger. You know the ending, but

ILLUSTRATION 123RF



to understand an egg. "Their knowledge of relationship research is more important than their own relationship status," says psychologist Noam Shpancer.

A good therapist will work to understand your life by empathising, being non-judgmental, and avoiding pretense or phoniness. Things a good therapist doesn't have to be? Married or in a relationship.

"The most important factor to look for is rapport," says Shpancer. "Ask yourself: 'Do I feel comfortable interacting with this person?'" After a session, you should feel like you're leaving the gym, exhausted, in slight pain but uninjured, and a touch stronger.

If you find you aren't building rapport with your therapist and aren't leaving feeling successful, despite giving it a few sessions, you might want to think about seeing someone else.

PUMPKIN SEEDS, APPLE SEEDS: ANY PROS OR CONS TO EATING THEM?

- Chuck

Well, you're not talking about the tastiest or most nutritious parts of those fruits. In fact, crushed and digested apple seeds release trace amounts of a cyanide compound. Relax - they're not dangerous unless you're sitting around eating apples all day. So it's better to just eat the flesh and skin for big antioxidant and fibre benefits.

As for pumpkin seeds, snack away. They're rich in magnesium, protein and zinc, which is important for prostate health, says Michelle Grader of New York Nutrition Group, and pumpkin seed extract may help men with benign prostatic hyperplasia (or enlarged prostate).

LEGAL EASE

CAN I BE FIRED FOR E-MAILS SENT ON A PERSONAL ACCOUNT ON A COMPANY COMPUTER? - Joel

Yes. Singapore has no privacy laws governing personal communications, and courts are likely to find that employers have the right to ensure their employees are not using company resources and time for inappropriate purposes. Singapore is an at-will employment jurisdiction, and employers may terminate their employees as long as the manner of termination complies with the provisions of their employment agreement.

In addition, many employment agreements include a clause permitting employers to monitor their employees' communications. Such a clause would notify employees that they are being monitored, and would not help their case should the matter go to court, as the company would have the legal grounds to do so.

Do you have a question about the law that you want to find out?
Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

there's still an element of doubt. A tiny drama is unfolding and, at the end, you get a vicarious satisfaction from seeing the task completed.

So is it normal? Considering the wide world of weirdness available to view online, it's innocent stuff. That said, consider those videos NSFW.

SHOULD I TAKE RELATIONSHIP ADVICE FROM A THERAPIST WHO'S SINGLE? - Justin

You don't need to be a chicken



DOES MENTHOL REALLY HELP CURE COLDS? - Marcus

MAYBE

Just like chicken soup, Vicks Vaporub can't cure a cold, but it will help you feel better. Vaporub contains menthol,

which triggers receptors to send a "brrr" message to your brain. That tricks it into thinking your nose is less congested, at least for a while.

But the only cure for the common cold is time, not Vaporub. "If you hurt yourself and take something for the pain, you won't heal any faster - it just changes brain signals like Vaporub does," says Dr Bruce Rubin of Virginia Commonwealth University School of Medicine.

HOW THIS SINGAPORE BUSINESSMAN FINALLY GOT THE BODY THAT HE WANTED!

BUSINESS MAN AND ENTREPRENEUR, **CHARLES NG**, CHANGED HIS BODY IN JUST 12 WEEKS BY ABANDONING HIS OLD FITNESS REGIME AND EMBRACING NEW EXERCISE AND DIET METHODS TAUGHT TO HIM BY **ULTIMATE PERFORMANCE (UP)**, A LEADING EUROPEAN PERSONAL TRAINING BUSINESS WHO HAD RECENTLY OPENED A BRAND NEW GYM IN SINGAPORE.



“ I WAS 39 YEARS OLD AND WORKED WITH PERSONAL TRAINERS IN THE PAST WITHOUT A LOT OF SUCCESS. I WASN'T CONVINCED THAT PERSONAL TRAINING COULD DO MUCH FOR ME BUT I WANTED TO GIVE IT ONE LAST SHOT! ”

Charles dropped from a respectable but slightly soft 18% body fat to a super ripped and tight 7% in only 12 weeks and here's how he did it.

In the gym – Charles trained 3–4 times / week with his UP trainer, Fariz Adam. Fariz put together a routine that was specifically designed for Charles' aesthetic goals of improved v-taper, a six-pack, and an enhanced shape and six pack.



Only the best will do.
State of the art equipment at Ultimate Performance Singapore.

UP

The gym sessions were no more than an hour in duration and exclusively focused on resistance training, with Charles steering clear of traditional gym cardio machines like the treadmill and

stepper. To really increase calorie burn Fariz had Charles blast out some sessions on UP's 30 metre long sprint track using “modified strongman training”, an exercise modality that uses weighted sleds and loaded carries to build a functional and ripped physique.

Diet is paramount to a successful transformation and Charles followed a strict regime of “carbohydrate cycling” whereby Fariz would manipulate his carbohydrate intake every few days based on how Charles was performing, feeling and looking. Protein intake was kept moderate to high at close to 2 grams per kg of bodyweight, and Fariz ensured that Charles never went hungry as that leaves the door to cheating and binging on junk food. Twice a week Charles was allowed to go out and socialize and eat any meal of his choice. This kept him sane and allowed him to comment on how surprisingly enjoyable the entire process was.

“ EVERYTHING WAS DONE AT A VERY MICROSCOPIC LEVEL. ”

UP recommended some nutritional supplements to Charles, but we have to stress that the key is healthy eating, not popping pills or powders. Charles stuck to the basics such as UP's own

brand of US manufactured fish oils, magnesium and digestive enzymes, plus the healthy treat of “Chocotrients”, a powdered greens and fruit blend that tastes just like chocolate powder and is delicious in water, milk and even yoghurt for a guilt free mousse like dessert!

The end result for Charles is that he says “I've never looked or felt better in my life, not even 20 years ago”.

We leave the final words in this story to Charles himself, a businessman who defies age with his youthful looks and body (he also owns The Skin Botanique, a plant-based skincare practice):

“We live only once and we only have that little time to change and improve ourselves”



Ultimate Performance Fitness is located on the 21st floor of The Octagon, 105 Cecil Street.

Which Photo Most Resembles YOU?

- Easy life, self indulgent, cuddly bear.
- Flirting with pre-diabetes & heart disease.
- Avoiding family photos.



OR



*15 WEEK
 TRANSFORMATION

- **Self disciplined**, consistent, road less travelled.
- **Healthy** as a racehorse, turning heads.
- **In control.**

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BULLETINS

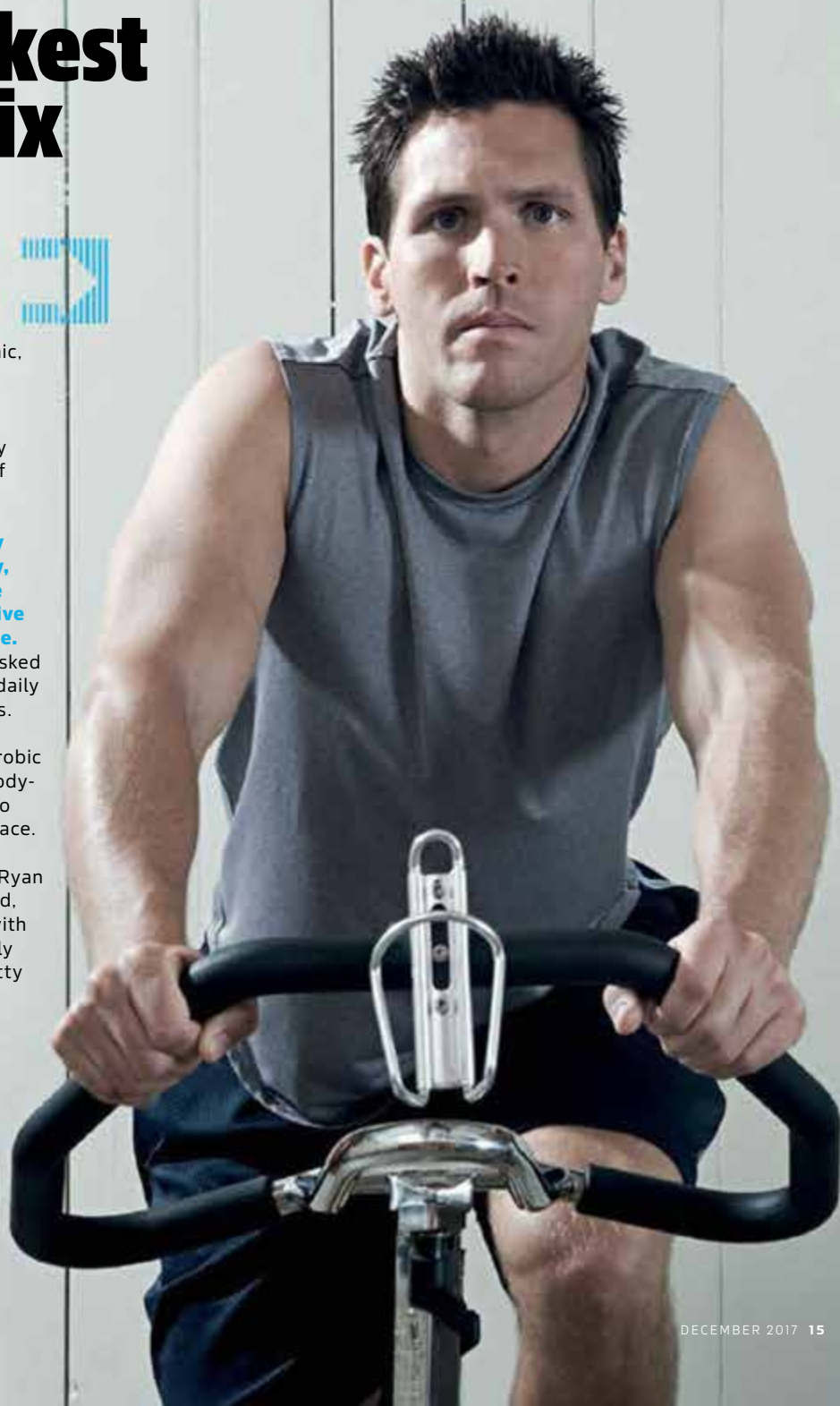
HEALTH → SEX → NUTRITION → FITNESS → WEIGHT LOSS

The Quickest Fitness Fix For The Last Guy

Short of jogging to the cosmetic clinic, most body refits are serious rites of passage that require earnest commitment. In other words, you're probably not going to build the body of your dreams without some kind of emotional downpayment. However, that's not to say it needs to be an epic odyssey. **During a recent study conducted at McMaster University, a smartly constructed one-minute workout was found to be as effective as 45 minutes of moderate exercise.**

In the test, sedentary men were asked to pedal all-out for just 60 seconds daily before returning to their TV remotes. Amazingly, over 12 weeks, the study group managed to improve their aerobic capacity, blood sugar control and body-fat percentage as much as those who rode for 45 minutes at a moderate pace.

Let us be clear: Researchers said nothing about subjects looking like Ryan Gosling after the test was completed, nor of their ability to grate cheese with their abs. Even so, if you're extremely low on willpower, we think it's a pretty good start. Subjects saw significant weight loss and increased muscle tone. The scientist call it extreme interval training. We're calling it bodybuilding for the bone idle.



Get Your Groove On

In a 10-year study of some 48,000 adults, **researchers linked moderate-intensity dancing with a lower risk of dying from heart disease.** Dancing may also stave off depression, ease stress and save you from social isolation, all linked to heart disease. Shy? Go with simple moves, and lighten up – no one's laughing at you.



PHOTO(MAIN) MASTERFILE, (BRAIN & FEET) 123RF

DE-GUNK YOUR EARPHONES

Some manufacturers' websites provide cleaning info - but you won't bother with those instructions. Dr Steven Sobol, otolaryngologist from Children's Hospital of Philadelphia, provides a solution: **Simply detach the silicone parts and wash them in warm water, with a drop of dish soap added.** Re-attach when dry. No detachable parts? Grab a clean, dry toothbrush and gently scrub away wax deposits.

EAT IN MODERATION

A 2016 study in the journal *Appetite* found that **people say "moderate" in reference to what they eat or drink rather than how much they eat or drink.** Moderation means different things to different people, so in short: Eat vegetables and protein at every meal. Eat treats once or twice a week. Drink less than four alcoholic beverages a week if you're trying to lose weight.



THE PERCENTAGE OF INCREASED RISK OF BEING IN A CAR CRASH IF YOU'RE AN ANGRY DRIVER.

SOURCE: CENTRE FOR ADDICTION AND MENTAL HEALTH, TORONTO



SAY GOODBYE TO HEADACHES

Migraines often go undiagnosed in men, recent research suggests. If you have more than two attacks a month, melatonin might help. People in a Brazilian study who popped 3mg of this popular sleep supplement every night at bedtime fended off headaches just as well as those who took prescription migraine medicine.

Guard Your Gums

Swollen gums look bad, feel bad and are bad for you. Consider whey your weapon: **People who eat at least 9.6g of whey protein a day have a 25 percent lower risk of severe gum disease,** a Danish study found. Whey may inhibit plaque formation and enhance immune system function. Ricotta cheese is a good source.



THE PERCENTAGE OF HIGHEST ODDS YOU'LL CATCH THE FLU IF SOMEONE IN YOUR HOUSEHOLD IS INFECTED. YOU CAN CUT YOUR RISK BY WASHING YOUR HANDS OFTEN. (YOU'VE ALREADY HAD YOUR FLU SHOT, RIGHT?)

SOURCE: TRENDS IN MICROBIOLOGY

NUTRITION

BULLETIN

22

THE PERCENTAGE DROP IN ISCHEMIC STROKE RISK AMONG MEN WHO ATE THE MOST FLAVANONES (ANTIOXIDANTS IN CITRUS FRUITS).
SOURCE: *THE AMERICAN JOURNAL OF CLINICAL NUTRITION*.

An Apple A Day...

You had garlicky shrimp scampi for lunch? Grab an apple – it can reduce the volatile compounds behind that pungent odour, the *Journal of Food Science* reports. Just half an apple is all it takes to go from beastly to fresh.



RE-ASSESS YOUR SNACKING

Men, on average, eat 923 empty calories a day, a recent US Department of Agriculture report revealed. So the next time you're feeling peckish, whether in the office or outside, ask: "Am I hungry enough to eat an apple?" If you are, eat an apple. If you're not, don't eat anything.

COMMERCIALS TRAP

Beware of cleansers that purport to flush toxins from your body and shrink your gut in days. No solid studies have demonstrated the benefits of detoxes, a 2014 Australian review concluded.

GET THOSE FIBRE

People who ate at least three servings of wholegrains a day were less likely to die of heart disease or cancer than those who ate none, a 2016 study in *Circulation* found. Wholegrains offer nutrients that may delay conditions that could lead to disease, and the fibre fills you up. (One serving is a ½ cup of cooked hot cereal.)



PHOTOS MASTERFILE

FITNESS

BULLETIN



BE THE MVP

Start to pick up basketball. The constant up-and-down court activity can help you reach and sustain 90 percent of your maximum heart rate, say scientists in Spain. In the study, guards and forwards logged the fastest and farthest runs. But you weren't planning to play centre anyway, right?



THE CHANGE IN STRENGTH FOUND IN TEST SUBJECTS WHO LIFTED WEIGHTS WHILE WEARING KINESIO TAPE. ZILCH. NOT EVEN A 1 PERCENT PEP-UP.

SOURCE: JOURNAL OF SCIENCE AND MEDICINE IN SPORT

NATURE'S SPORTS DRINK?

Coconut water does have important electrolytes, such as sodium and potassium. It's also lower in carbs than Gatorade. But a 2012 study in *Applied Physiology, Nutrition, and Metabolism* concluded that it doesn't hydrate any better than a sports drink does.

DUMBEST FITNESS TREND

Walking on your hands! Why? Beyond impressing Instagram followers, it doesn't offer much. Exercise physiologist Pat Davidson says it can injure shoulders, has very little muscle-building or fat-burning benefit, and won't make you better at anything other than handstand walking.

GEAR UP YOUR HEART

Many activities help your ticker, but cycling is superb. Compared to other workouts, it was most effective in lowering coronary heart disease risk, a study in the *American Journal of Epidemiology* found. Ride for about 50 minutes a day.

WEIGHT LOSS

BULLETIN



STAND UP TALL

Research has shown that standing straightens your posture and can even boost productivity. But unfortunately for your waistline, it'll hardly make a dent in your calorie burn. Plus, **if you stand all day, your risk of developing varicose veins goes up**, according to a study in *The Journal of Dermatology*. The best thing you can do: walk. Hit the street at lunchtime.

\$170,000

THE AVERAGE LIFETIME MEDICAL COST TO TREAT TYPE-2 DIABETES FOR A MAN DIAGNOSED BETWEEN THE AGES OF 25 AND 44.

SOURCE: AMERICAN JOURNAL OF PREVENTIVE MEDICINE

TAKE A DIFFERENT ROUTE HOME

In a *Health Psychology* study, **overweight or obese people were more likely to eat high-calorie snacks if they were near fast-food restaurants than if they weren't.**

If they were near supermarkets, they were more than twice as likely to eat low-calorie snacks.



PHOTOS: MASTERFILE

MR BEAN IS BACK

A study review published last year in *The American Journal of Clinical Nutrition* shows that **people who ate anywhere from 80g to 275g of beans, peas or lentils per day lost significant weight**. Protein, too, helps to preserve muscle mass while you drop kilos, so you lose only the blubber.

A chef in a dark uniform is plating a dish on a black plate using a knife and fork. The background is a solid red color.

Don't Skip Meals

Maintaining self-control is tougher when you have low blood sugar, suggests research from the University of South Dakota. **Higher blood sugar levels signal your body to conserve its resources, of which willpower may be one.** To keep levels steady, eat a snack of lean protein (jerky, deli turkey) or complex carbs, such as vegetables or dried fruit.

A close-up of a hand holding a large quantity of light-colored lentils, with some spilling out.

THE RANKING OF BEING OBESE OR OVERWEIGHT AMONG PREVENTABLE CAUSES OF CANCER, AFTER SMOKING AND EXCESSIVE DRINKING. OVER TWO-THIRDS OF U.S. ADULTS ARE IN THIS WEIGHT CATEGORY.

SOURCE:
CANCER EPIDEMIOLOGY, CDC



WHERE YOU SIT MATTERS

Your first impulse may be to sit as close to the bar as possible. You gotta be near the beer, man! But beware of waistline peril: Cornell University researchers found that **people who sit within two tables of the bartender have three more alcoholic drinks, on average, than those who sit three tables away.**



DIRTY EMOJIS

We already know, thanks to a Match.com survey from early 2015, that **singles who regularly use emojis are more likely to have had sex in the previous year**. Now, they have a wider range of explicit emojis to express their dirty thoughts. If the thought you're thinking of texting can only be conveyed via a yellowball face with a realistic vagina, then maybe you should keep that thought to yourself.

LESS WEIGHT, MORE SEX

Burning those excess fats can help boost your libido, says Dr Jamin Brahmbhatt, a urologist with Orlando Health. High-intensity interval training is a proven fat burner. Dr Brahmbhatt runs for 20 minutes straight, alternating between sprints and jogs.



THE NUMBER OF HOURS OF TV A DAY THAT, IF EXCEEDED, COULD LOWER A MAN'S SPERM COUNT. WANT KIDS? HEAD FOR THE BED, NOT THE COUCH.

SOURCE: AMERICAN JOURNAL OF EPIDEMIOLOGY

EAT THOSE PIZZAS

Men are more likely to stuff their faces when a woman is present. We'll eat 93 percent more pizza (or 1.44 more slices) and 86 percent more salad than usual, according to a 2015 Cornell University study. This appears to have evolved partly as a way of signalling that the man has surplus health, says study author Kevin Kniffin. So tell her you ate the last slice to prove you could protect her.



THE WHEEL DEAL

ARE YOU RIDING ON PIRELLIS? HOW YOU CAN TELL, AND WHY THEY ARE PROBABLY THE BEST FOR YOUR CAR.

Some people are guilty of treating their wheels better than their wives. If you're one of them, you probably get your ride nothing but the best – kit, rims, trims and tyres.

Before you tell your wife not to splash on those Louboutins she's been eyeing so you can get "new shoes" for your four-wheeled baby, here's why it might be best to stick with your defaults. And it probably won't hurt one bit that you may already be rolling around on a set of Pirellis.

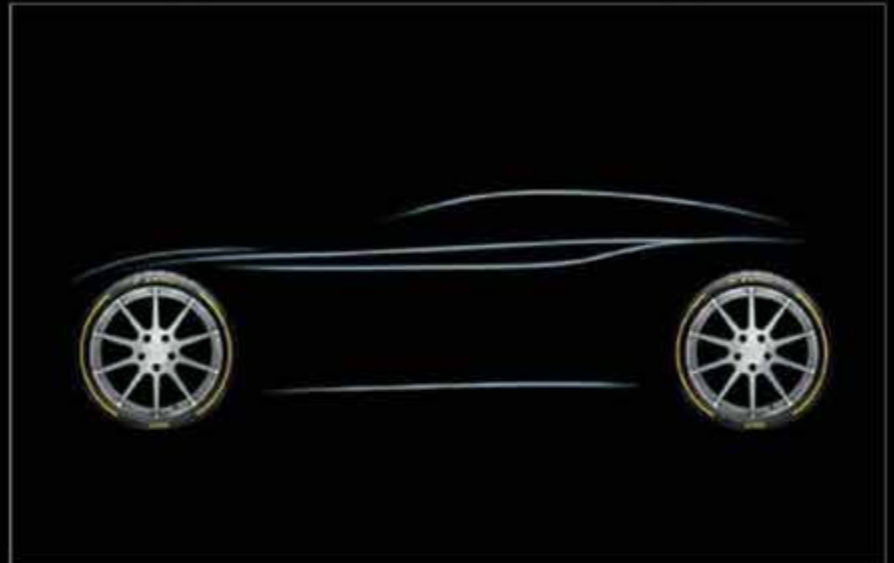
DESIGNED FOR YOUR CAR

Default tyres aren't generic ones. The car manufacturers don't tell you this, but premium tyre brand Pirelli has created as many as 2,200 custom-made tyres for brands such as Audi, Bentley, BMW, Mercedes-Benz, Porsche, Volkswagen and even Hyundai and Toyota, among others.

Since cars are not all made the same, Pirelli co-designs these "original equipment" (OE) marked tyres with the manufacturer so that they are a perfect fit for each car model. Factors taken into consideration include the car's weight distribution, engine position and other equipment configurations to ensure that the tyres interact with the road as they are designed to.

ALREADY AHEAD OF ITS TIME

Designing a good tyre takes time. In Pirelli's case, three full years of work. And when the process takes that long,



you need to design with the future in mind, not for the cars of today. The smarter cars of tomorrow call for smartly engineered tyres that can take on any challenge that modern roads pose. So your defaults already take care of every possible scenario – aquaplaning behaviour, wet and dry conditions, electronic system malfunction, and so forth – that you could meet while on the streets.

DRIVING STYLE MATTERS

You don't have to be Lewis Hamilton for your driving style to make a difference. Car manufacturers design each of their offerings to suit different drivers' needs. So when you pick your ride, you're essentially choosing the features that best fit you best. Tyres that are adapted to these specific features will respond the best to your driving style and deliver optimal performance under all driving conditions.



MADE BY PIRELLI

DID YOU KNOW THAT OE TYRES ARE MARKED WITH DIFFERENT SYMBOLS TO SHOW WHICH BRANDS THEY'RE MADE FOR?

BRAND

AUDI

BMW/MINI

PORSCHE

MERCEDES

LAMBORGHINI

MARKING

AO

★

N0, N1, N2, N3, NX

MO, MO1, MOE

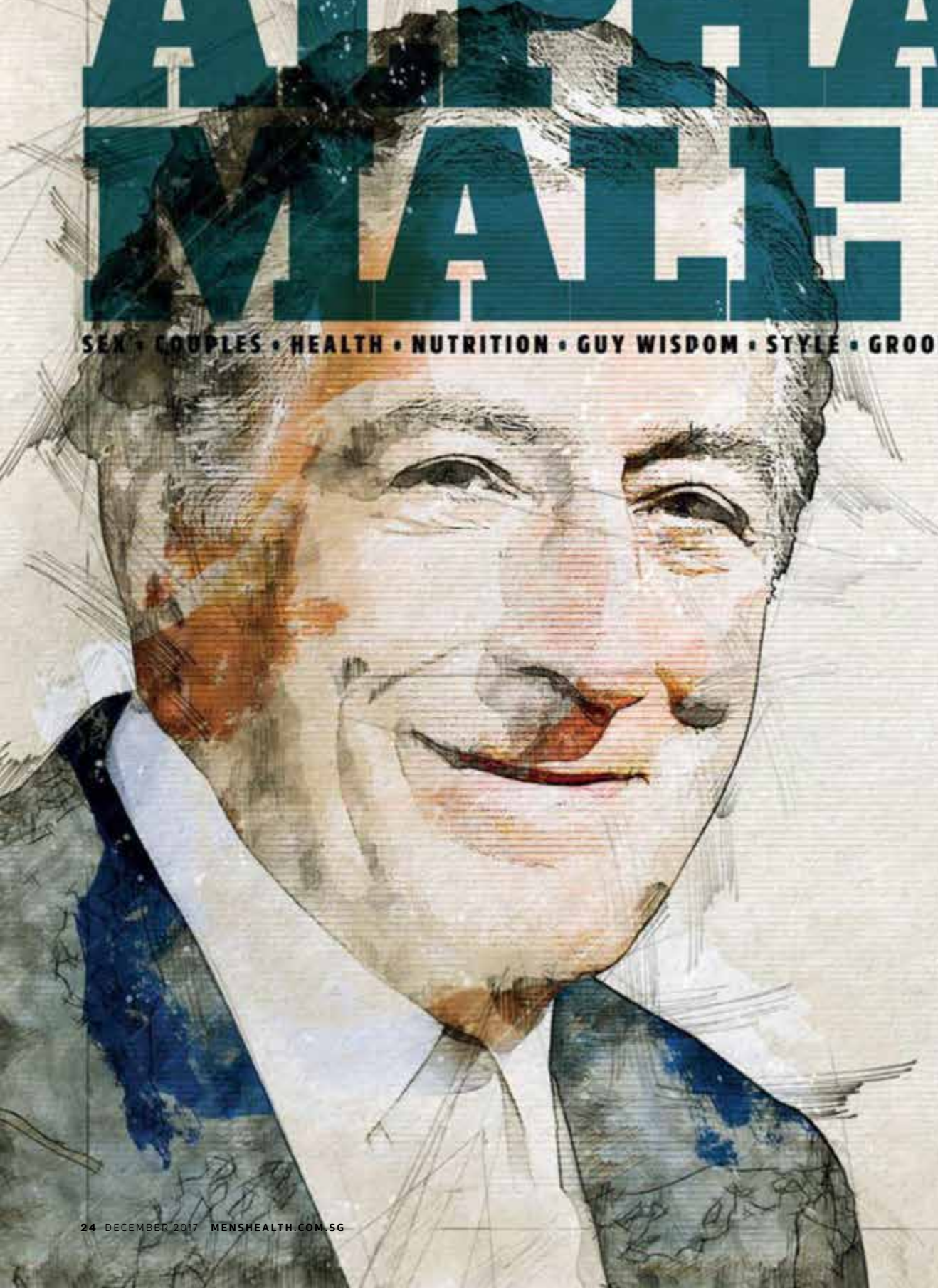
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Not driving a car with Pirelli OE tyres, but still want Pirelli performance? Talk to an authorised dealer about switching to replacement tyres that are best suited for your car.

*List is not exhaustive

ALPHA MALE

SEX • COUPLES • HEALTH • NUTRITION • GUY WISDOM • STYLE • GROOMING



■ TEXT ERIC SPITZNAGEL ■ ILLUSTRATIONS J TAN

Old But Gold

GRAMMY AWARD-WINNING SINGER TONY BENNETT
SHARES HIS WISDOM IN STAYING CLASSY EVEN AT 90!



Tony Bennett is as cool at 90 years old as he was in his 20s and 30s. Maybe cooler.

That's not lip service. Bennett is legitimately cool at an age when it's often enough for a man to be able to pull on his own pants unassisted. The way Bennett wears a suit, it always looks like he's going to a cocktail party that the rest of us weren't invited to.

The coolness can't be explained just by listing Bennett's accomplishments, but let's do that anyway: 110 albums, 81 singles, 19 Grammys. He fought on the front line in Germany, marched with Martin Luther King Jr at Selma, kicked a cocaine habit using willpower alone, and sketched Lady Gaga naked for charity. And he did it all without changing who he was.

The man doesn't simply adapt to the times; the times lose him and then come find him again. He's been doing the same thing, with flawless delivery and style,

for seven decades. As Clint Eastwood says: "Tony Bennett is cool because he doesn't have to act like he's cool."

We caught up with Bennett as he heads into a busy month - he has a new book, a new CD and a two-hour TV special.

Even just in conversation, his voice is unmistakable, and it's hard not to hope he might spontaneously burst into song. Sadly, that didn't happen.

IT'S HARD TO IMAGINE YOU IN ANYTHING BUT AN IMPECCABLY TAILORED SUIT. IS IT POSSIBLE THAT EVEN YOUR PYJAMAS COME WITH A TIE?

They don't come with a tie, but they're nice, brand new pyjamas all the time. [Laughs.] Being civilised is just important to me.

WHEN WAS THE LAST TIME YOU WORE A GRUBBY T-SHIRT AND SWEATPANTS?

Grubby? I'll never wear grubby anything. But I exercise every day with a great trainer. So I'll wear sweatpants for that. But after that, I take a shower and jump right back in the suit.

DO YOU JUST FEEL MORE COMFORTABLE IN FORMAL WEAR?

It's something my mother taught me back when we were very, very poor. She was a dressmaker and

didn't make much money. But she used to tell my brother and me: "Always have a clean suit jacket, a white shirt and a black pair of pants." That was important to her and it became important to me. It changed my life.

IF YOU GOT YOUR STYLE FROM YOUR MUM, WHAT DID YOU GET FROM YOUR DAD?

His voice. He was a great singer. Back in Calabria, Italy, where he grew up, my father used to go up into the mountains and sing, and the whole valley below could hear him. No microphone, just the power of his voice.

DID YOU ALWAYS WANT TO BE A SINGER?

Always. When I was 10, after my father died, my whole family - we had a lot of Italian relatives who lived nearby - they would come by the house every Sunday to help my mother and just make her feel good. I would perform for them. I sang for my family, for my mother, because I saw how happy it made them. I started singing in the courtyards, and the neighbours would throw me pennies.

YOUR FIRST PROFESSIONAL GIG, AS A TEENAGER, WAS AS A SINGING WAITER?

That's right. I was 14 years old and loved it. I used to take

requests to find out what the audience really wanted to hear. Then I'd go into the kitchen and ask the other singing waiters: "How does this song go? What are the words?" They'd tell me the words and then I'd come right back out and sing it.

WHAT KIND OF SONGS?

Love songs, whatever they wanted.

SO YOU'RE A 14-YEAR-OLD KID, PROBABLY GOING THROUGH PUBERTY, SINGING LOVE SONGS TO ADULTS. DID YOUR VOICE EVER CRACK?

Oh I'm sure, now and then. Nobody starts strong. Even when I was booking nightclubs, I wasn't ready. I had some real masters, singers who had been around the block, say: "You're doing okay, but it's going to take seven years to learn to do it right." And they were accurate. It took exactly seven years.

WHY SEVEN YEARS?

There's so much to learn. I thought I was doing great, and then Fred Astaire took me aside and told me how to put a set together. He said: "Make a set that you think is perfect, every song feels essential, and then pull 15 minutes out of it." [Laughs.] That's genius.

AFTER ALL THESE YEARS IN THE LIMELIGHT, DOES ONE GIG SEEM PRETTY MUCH LIKE ANOTHER? OR DO ANY OF THEM STAND OUT IN YOUR MIND?

They're never the same. Each one is different. It's funny the things you still remember. There was one time in Chicago - years ago, maybe decades - I'm singing, and all of a sudden the

audience gasps. They're like: "Wow!" Well, I think they're raving about how good I'm singing. But it turns out one of the trumpet players behind me fell off his chair. [Laughs.] All that time I thought I was killing it.

YOU'VE PLAYED FOR BRITISH QUEENS AND AMERICAN PRESIDENTS.

Eleven presidents. I've played for every US president since Eisenhower.

AND YOU'VE PLAYED AT THE PLAYBOY MANSION.

Sure. I'm up for anything.

DO YOU PLAY THE SAME SET FOR A PRESIDENT AS YOU DO FOR HUGH HEFNER?

For the most part. But I'll mix it up, add a few songs in the moment. It depends on the room.

FOR THE PLAYBOY MANSION, DID YOU CHOOSE SONGS THAT WERE EXTRA SEXY?

I did the opposite. I sang a song called *You Can't Love 'Em All*. [Laughs.]

YOU'VE PERFORMED SOME OF THE MOST ROMANTIC SONGS OF ALL TIME.

Well, thank you.

FRANK SINATRA'S TAKE ON FLY ME TO THE MOON WAS ARGUABLY MORE FAMOUS BUT, IN OUR OPINION, YOUR VERSION BLOWS HIS OUT OF THE WATER.

Oh no, no, no!

COME ON, YOU CAN SAY IT. OL' BLUE EYES HAD NOTHING ON YOU.

I have so much respect for Frank. He always supported me, to the very last day of his life. He was always raving about me. He was a true inspiration. Everything Sinatra did was quality. I learned that from him. He was 10 years my elder, and I tried to follow his blueprint.

BUT YOU NEVER DID MOVIES, LIKE SINATRA. WHY NOT?

I got talked out of it by Cary Grant, who became a great friend of mine. He came over to my house to buy one of my paintings and we started talking

about movies. I was thinking about taking a movie role and he said to me: "Don't do it. You'll be so bored. It's like prison. You just sit there all day, and then you do four lines and go home. It's the worst." He said I should travel the world instead, meet the public, make people feel good. And this is Cary Grant, right? The most handsome man in the world. So I'm thinking: "Maybe I should listen to him." [Laughs.]

HOW HAVE YOU LASTED THIS LONG?

As a singer or as a person?

BOTH. EITHER.

Because I like to make people feel good. That's the secret to a long life.

IT'S AS SIMPLE AS THAT?

That's it. That's it.

BUT SURELY YOU MUST HAVE NIGHTS WHEN YOU'RE JUST NOT IN THE MOOD, WHEN THE LAST THING YOU WANT TO DO IS SING I LEFT MY HEART IN SAN FRANCISCO FOR THE EIGHT BILLIONTH TIME.

Doesn't matter. It's not about me. It's never about me. It's about them. I always make sure the people in the audience are having the time of their life when they come out to see me. It's the only reason I wanted to do this with my life. When I was a teenager, I saw Jimmy Durante perform at the Copacabana and he was so wonderful. I told my mother the next morning: "I'm going into show business." She said: "How come?" I told her about Durante, and how the people went crazy for him, and he made everybody feel so good. I wanted to be like that. I wanted to make people feel the way Jimmy Durante made them feel.

IT WASN'T ABOUT BEING AS FAMOUS AS DURANTE?

No. Never. It's like Durante sang in that song. "Make someone happy. Make just one someone happy. And you will be happy too." [Laughs.] That's it. That's all there is. That's all you need to know.



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MAKE EVERY MOVE COUNT

Bet you don't consider some of these daily activities as exercise. Well, they are – and these smart Samsung gadgets can help you track them, as well as your lifestyle habits.

No matter what your fitness goals – whether it's clocking 10,000 steps daily or getting 150 minutes of exercise weekly – there's a super simple way to make them a reality: start honouring your day-to-day activities.

You may not notice it, but these little habits are helping you stay fit and burn calories. Keep doing them and you'll be on the way to achieving a sustainable fitness routine. Every bit adds up!

Enjoying a night out with friends

Chilling out to your favourite songs in a cafe sounds like total relaxation, except that you're also burning an additional 150 calories for every hour you rock back and forth, tap your toes and nod your head. Sing along and you will torch another 90 calories per hour even while sitting down.

Walking your dog When you take your over-excited furkid outdoors, it feels as though you're doing him a favour, but you benefit, too.

Every 10 minutes of moderate-pace walking cuts 33 calories. So if you're out for an hour, that's 200 calories down – what you would have burned from a 20-minute jog. Now, go thank your pooch!

Playing basketball You think you're joining the gang for a friendly game, but it's bound to get competitive, and seriously addictive. One shoot becomes two, then three, and then four.

All those shuffling, ducking and jumping movements are exactly what gym rats do in a high-intensity interval training class. Imagine the big burn plus

head-to-toe conditioning you can get from a spontaneous sesh.

Running for the bus This can be so bothersome. But those hundred steps taken in the dash for the bus are actually crucial to maintaining your cardio fitness.

When you do explosive actions, like sprinting and jumping, your body uses a lot more energy than when you go at a comfortable pace. These movements work your fast-twitch muscle fibres as well, improving power and agility over a period of time. Moral of the story? It's worth chasing the bus.

Taking the stairs In the name of speed, it's wiser to use the stairs instead of the lift, which tends to jam up during peak hours. Also, everyone knows that climbing stairs is a legit way to tone your butt and legs.

When going uphill, your glutes, thighs, calves and ankles have to work much harder to help you balance and support your weight. Case in point: every minute of stair-climbing torches eight calories – 60 per cent more than if you walk on flat ground. Now, that's a lot.

TRACK YOUR STATS Curious to know just how many calories you burn and steps you take doing such activities in a day? There's a big chance that you're underestimating – or worse, overestimating – your daily mileage.

Like music to the ears, Samsung's new high-tech (and highly accurate) tracking wearables can really up your game.

Keep tabs on your fitness activities

Both the **Samsung Gear Sport Smartwatch** and **Samsung Gear Fit2 Pro Fitness Band** can automatically detect and track many activities, including walking, running, cycling, and even dancing and playing basketball.

Notable features in both include water resistance of up to 50m, so you can wear your watch or band into the pool or sea without worry. Plus, a smooth integration with Speedo On, Speedo's latest swimming training app (downloaded separately), allows them to track key metrics such as length, distance, time, and strokes, which are all essential to determining your swimming efficiency.

Also, if you've been wanting to monitor your workout intensity, especially during a run or spin class, you'll be glad to know that both also offer continuous heart-rate monitoring, so you can see just how hard you're exerting yourself. No more guessing games.

That's not all. The Gear Sport Smartwatch and Gear Fit2 Pro Fitness Band are loaded with Under Armour's suite of fitness apps (Under Armour Record, MyFitnessPal, MapMyRun and Endomondo) to help monitor your exercises, nutrition and sleep.

To enhance your workout experience, get fitted with the wire-free **Samsung Gear IconX Earbuds**. Besides playing music to spur you on, they automatically track your runs and give real-time audio updates.

Improve your health and wellness

Getting sufficient rest is integral to staying healthy and energetic. Both the Gear Sport Smartwatch and Gear Fit2 Pro Fitness Band have sleep tracking functions that monitor your sleep cycles and provide insights on your snooze patterns, motivating you to hit the sack earlier or take certain actions to reduce sleep disturbances.

As you move from one activity to another, it's easy to lose sight of your nutrition and hydration needs. Tip: Record your food, water and caffeine intake with the Gear Sport Smartwatch or Gear Fit2

Pro Fitness Band. Knowing your daily calorie consumption also helps to prevent overeating.

Go mobile-free

With the Gear Sport Smartwatch and Gear Fit2 Pro Fitness Band, you have the option of leaving your smartphone behind. Both feature Spotify Offline mode, which lets you listen to your favourite music offline. You can even upload up to 4GB of your own music with the Gear Fit2 Pro Fitness Band or Gear IconX Earbuds.

Running or riding outdoors? Both the Gear Sport Smartwatch and Gear Fit2 Pro Fitness Band have built-in GPS to track your workout and route seamlessly even when you're offline. During the session, you get to view the real-time map, plus speed and distance stats.

If you find it a chore to take your wallet along, you're not alone. The Gear Sport Smartwatch is equipped with Samsung Pay, so you can make quick and easy purchases on NFC terminals just by tapping your wrist. Super cool.



Visit www.samsung.com/sg/wearables for more info.

The new Samsung wearables are available at all major consumer electronic stores, authorised mobile retailers, Samsung Experience stores and Lazada Singapore.

Samsung is one of the official tracker partners for the National Steps Challenge™ Season 3. Join the Challenge for more games, bigger prizes, and a healthier you. Visit stepschallenge.sg for more information.

Want Orgasms That Last 18 Hours? Here's How

SCOTT AND MELANIE MCCLURE PRACTISE AN ANCIENT TECHNIQUE FOR POWERFUL, LONG-LASTING EXPERIENCES.

M

Making a woman orgasm can be tricky business, since everyone likes and responds to different things. But Scott and Melanie McClure, a couple from Texas, have definitely figured out what works for them.

The McClures, who have been married for eight years, practise tantric sex and said they have orgasms that last up to 18 hours. (Yes, you read that number right.) And they recently appeared on TV to explain how this all works.

“One key thing that most people don’t realise is that orgasm is different from the traditional release that comes from climax,” Scott said. “And so when you’re able to separate these things, instead of having the traditional trajectory where you kind of get excited, and then climax, and then go to sleep, you’re able to have an experience where you keep going and have multiple experiences.”

So what does an experience this heightened actually feel like? “It’s much more powerful and more intense, and it’s a full-body experience,” Scott said.

“You can have a full-body, completely ecstatic, blissful orgasm that’s actually more powerful than anything you’ve ever done before, without the traditional release and the drain of energy.”

“One of the key things that most people don’t realise is that orgasm is different from the traditional release that comes from climax.”

"You must drive your neighbours bonkers," the interview host said.

"We're shocked they have not called the cops on us yet," Melanie responded.

Tantric sex is a Hindu practice that dates back 5,000 years, and refers to the "weaving and expansion of energy" during sex. And according to nationally recognised sex expert Emily Morse, it involves "connecting your body to your partner's body" via ritual, massage and coordinated breathing.

Morse adds that it's all about letting go of "any taboo or shame" associated with sex and viewing it as what it is: a deeply liberating experience.

And Scott agrees. "In order to do this kind of thing, you have to be open and be connected to your emotions, your feelings and your channel so that you can feel the energy moving through your body," he said. "That's what makes it kind of a spiritual practice as well."

Have some burning questions about this sex practice? We found out the answers for you, so you can try it out with your missus at home.

"HOW DOES THIS [TANTRIC SEX] WORK? WHAT DO YOU HAVE TO DO?"

According to Scott, one of the key things that people do not realise is that orgasms are "totally different" from the traditional releases that are associated with climaxes.

As such, once a couple is said to be able to separate the two apart, they won't be having the traditional trajectory whereby they would get excited, climax and then go to sleep after the release. Instead, they are said to get an experience when they can keep going on. In addition, when the couple finally climaxes, their feelings are said to dip slightly, but they are still in an orgasmic state, which can last them for a long time.

"BUT WHAT ABOUT THE GUY? WON'T HE BECOME AN EMPTY SHELL AFTER RELEASING EVERYTHING?"

Melanie said that tantric sex helps them to harness the sexual energy within their bodies so as to re-energise themselves throughout the session. Thus, as their love-making session goes on, they are said to actually feel more energised, rather than lethargic.

She said this is where the husband comes in. If the wife feels sleepy in the beginning, the husband's role is to encourage her to "keep on going," making the wife feel more energised. And the result? A session that supposedly lasts way past morning.

"WHAT DOES IT FEEL LIKE? DOES IT FEEL LIKE ANY OTHER ORGASM OUT THERE, OR IS IT A TOTALLY DIFFERENT FEELING?"

Tantric sex is said to be much more powerful and intense than traditional sex, and it is a full-body experience. People who do tantric sex will supposedly experience all sorts of emotions during the process: They would laugh at themselves, they cry, they rage. This is because they are "connected" with their emotions and feelings, and are able to feel the energy that is coursing through their bodies all the time, making it a spiritual process, rather than an orgasmic one per se.

"SINCE IT'S AN ENERGY EXCHANGE, CAN YOU BE IN SEPARATE ROOMS TO ACHIEVE ORGASMS?"

As Melanie explains, it is possible to do so, due to two factors: One, that the couple can feel each other even though they are apart, and two, they are actually able to orgasm all by themselves through breathing

and taking in all the energy surrounding them and pulling it into their bodies.

An issue of inappropriateness would then come into play – after all, what happens if you suddenly get all these energy at, let's say, a supermarket?

She explains that tantric sex teaches them to be conscious of the energy surrounding them, and this empowers them to be able to choose whenever they wish to absorb the surrounding energy and put it to good use.

As Scott concludes, they are able to tone the energy levels down, so that it is nothing more than a low-level vibration. And whenever the time goes for a massive session, like once a month, they are supposedly able to rev it up to "really high intense states" when he can barely function.



Longines Conquest 1/100th Keeps 2018 Commonwealth Games On Track

LONGINES, THE OFFICIAL PARTNER OF THE QUEEN'S BATON RELAY, HAS A LONG-STANDING RELATIONSHIP WITH SPORTS. IT IS THE TRUSTED TIMEKEEPING BENCHMARK FOR PROFESSIONAL SPORTSMEN AND INTERNATIONAL COMPETITIONS.



It is not every day that Her Majesty Queen Elizabeth II pens a note to the world.

So when the Gold Coast 2018 Commonwealth Games baton, as part of the renowned Queen's Baton Relay, arrived in the Longines boutique at Marina Bay

Sands on Oct 27, it was always going to be a classy and decorated affair.

Longines, which is the official partner of the Queen's Baton Relay, has a long-standing relationship with sports, dating back to 1878 when the Longines chronograph was introduced to

the world, and subsequently became the trusted timekeeping benchmark for professional sportsmen and international competitions.

The Queen's Baton Relay has traditionally been the symbolic event to kick off proceedings for the quadrennial



1 ➤
The
Longines
Conquest
1/100th



2

Team Singapore Swimmer and Queen's Baton Bearer Roanne Ho with the Queen's Baton. Roanne wears the official watch of the Gold Coast 2018 Commonwealth Games: The Longines Conquest 1/100th



3

The entourage arrives at The Shoppes at Marina Bay Sands, received by Longines Brand Manager Jas Guo. (From left) Deputy Chef De Mission to Team Singapore for the Gold Coast 2018 Commonwealth Games Lim Heem Wei, Longines Brand Manager Jas Guo, athlete Crystal Wong Jia Ying, athlete Tan Wei Han, Baton Bearer Roanne Ho, Para-athlete Emily Lee, Para-athlete Jessen Ng, Para-athlete Nur Aini Binte Mohamad Yasli, Chef De Mission to Team Singapore for the Gold Coast 2018 Commonwealth Games Mark Chay

Commonwealth Games, and with the much anticipated competition set to take place in April next year in the Gold Coast, Australia, the relay began with much aplomb on Mar 13, 2017 at majestic Buckingham Palace in London.

The baton traversed 49 countries on four continents – Africa, the Americas and Europe – before arriving with timely precision on the Asian map, with Singapore as the final stop on Oct 25, before heading to Oceania on its final

leg – a momentous journey that covers 230,000km across 71 participating nations.

Team Singapore swimmer Roanne Ho, along with His Worship the Mayor of the City of Gold Coast and Councillor Tom Tate, the Commonwealth Games Singapore Committee, and Longines brand manager Jas Guo were among the luminaries who had the honour of welcoming the baton in and out of the Longines boutique at Marina Bay Sands.

"The Gold Coast is excited and proud to be the host city of the 2018 Commonwealth Games, and we are ready to open our doors to the world in April next year," said Mayor Tate.

Team Singapore athletes, along with distinguished guests, were also introduced to the latest exciting offering from the Longines family – the lustrous Conquest 1/100th timepiece, which is the official watch of the Queen's Baton Relay.

"We are very excited to welcome the Queen's Baton to Singapore, and are happy to have the Official Timekeeper Longines as part of the festivities," said Chris Chan, Secretary-General of Commonwealth Games Singapore.

"Team Singapore is looking forward to a spectacular experience at the Gold Coast 2018 Commonwealth Games, and look forward to the support of Singaporeans."

As part of the celebrations to welcome the Relay baton, Longines has put together a unique exhibition at its Marina Bay Sands boutique to showcase 10 timepieces from the Longines Museum that is open to the public till the end of November.

Timepiece lovers will get a chance to feast their eyes on some of its top watches at the exhibition, along with the opportunity to get a closer touch and feel of the

Conquest 1/100th.

As a trendsetter of the modern evolution of sports watches, the Conquest V.H.P series (which stands for “very high precision”), which was launched in 1984, has grown from strength to strength, becoming a hallmark of Longines’ promise to challenge watchmaking boundaries.

What sets the new Conquest V.H.P apart from the competition is its ability to bring high precision for an analogue watch (+5/-5 seconds per year), and combine it with the world’s first in-built hands-reset mechanism that re-synchronises the watch hands after exposure to magnetic fields or shock, using a gear position detection system.

It comes in two versions – a chronograph and a three-hand option with perpetual calendar model. Both timepieces come with an E.O.L indicator that alerts the owner when the battery is low, and in a 41mm or 43mm stainless steel case with a 50m water-resistance rating.

Those who prefer a clean dial will be captivated with the three-hand option that will add a glow to your office outfit, while the chronograph version brings out the sportsman in you.

Both editions come with chic dial options like carbon fibre, blue, silver and black, making each a sporting beauty that allows the wearer the versatility to match any occasion, whether it’s a day out at the gym or a swanky evening soiree over a glass of wine.

So for those who are waiting with bated breath for the 2018 Commonwealth Games to get started, head to the Longines boutique at Marina Bay Sands to enjoy an amazing journey through the Longines Museum while the baton continues to make its way to the Gold Coast.

One thing is for sure: With the Conquest V.H.P keeping time on the baton’s movement across

the world map, Her Majesty’s message will definitely be in time for its big reveal at the Carrara Stadium for the “Parade of Nations” come April 2018.

“Longines is the proud Official Partner of the Queen’s Baton Relay. The Swiss Watch Brand will also work as Official Partner for timing, scoring and results for the Gold Coast 2018 Commonwealth Games, and will be known as the Official Timekeeper of this large multi-sport event, as well as the Presenting Partner of Athletics (Track & Field), Gymnastics and Co-Presenting Partner of Rugby Sevens and Table Tennis.



4
The Longines Conquest V.H.P



5
The Queen’s Baton Bearer, Roanne Ho, together with His Worship the Mayor of the City of Gold Coast and Councillor Tom Tate, and Longines brand manager Jas Guo jointly place the baton on the pedestal

6
Team Singapore Swimmer and Baton Bearer Roanne Ho, accompanied by Longines brand manager Jas Guo, arrive in the Longines Boutique at Marina Bay Sands



Why Ladies Pick Guitar Players

THERE'S A REASON WHY "AXE GRINDERS" GET THE GALS. OUR WRITER FINDS OUT HOW.

■ TEXT ERIC SPITZNAGEL ■ PHOTOS MASTERFILE

M

My wife and I have one of those sex freebie lists: five celebrities you're allowed to sleep with should the opportunity arise, no repercussions.

Yes, it's stupid. But if you pay attention, it can offer a fascinating window into your woman's tastes.

For me, a potty-mouth comedian like Sarah Silverman or Amy Schumer gets my motor running. My wife's list is entirely rock stars. Dave Grohl is on it. Twice. Once as a drummer, once as a guitarist.

I'll admit I feel threatened by the musician thing. I've often thought about how if I'd learned to play the guitar instead of wasting my time, I'd be making Jack White green by now. But the truth is I don't

have the talent – even when playing air guitar.

It's hard not to think of my lack of guitar chops as an inadequacy. My wife insists it isn't, but she also stops blinking whenever Grohl is on TV.

Women love guitar players. It's scientifically proven. In a French study, 300 female university students were each approached by an attractive stranger who said something like: "You're very pretty. We should get a drink."

When the man was empty-handed, only 14 percent responded favorably. But when he was carrying a guitar case, 31 percent not only stopped to talk but also gave him their phone number. So even the possibility that you're a guitar god can give you an edge.

I spoke to several psychologists, hoping for some insight into why playing or even just carrying a guitar makes a man more desirable. With few exceptions, most of them offered the same conclusion: Women love guitar players because they want to have their babies.

"Guitar skill, like many forms of skilled expression, displays

intelligence and creativity," said Northwestern University psychology professor Jon Maner. "Mating with an intelligent and creative partner increases the likelihood of having intelligent and creative children, and this is good for one's own reproductive success."

Reproductive success – two words you wouldn't associate with sleeping with a rock star. Can you imagine any woman lying beneath Lyle Lovett, Ric Ocasek or Tom Petty, and thinking: "Woo-hoo, reproductive success!?" (And yet Lovett briefly had Julia Roberts, and Ocasek has been married to Paulina Porizkova for 27 years.)

"Females of many species, like birds, frogs, whales or howler monkeys, select the best male musicians as their mates," said evolutionary psychologist Geoffrey Miller, the coauthor of *Mate: Become the Man Women Want*. Great music, he told me, is made only by the healthiest, most energetic, most intelligent animals. "This has been true in our species for a long time – at least 30,000 years, judging from prehistoric bone flutes that have been unearthed."

To paraphrase what I think Miller was saying: On a basic level, Grohl isn't that different from a howler monkey. And 30,000 years ago, a guy who could play his bone flute, which I assume is not a euphemism, was a total catch.

It makes sense in theory, but it doesn't help those of us who don't want to learn the guitar just to be more attractive. Few guys are as douche as the one who learns a few Beatles songs just to get laid. How do you create, as Maner put it, a "display of

intelligence and creativity?"

As a writer, my job involves being creative and at least attempting to be intelligent. If I want my wife to look at me the way she looks at Grohl, should I start typing in front of her? I gave it a shot and brought my laptop to bed. She looked at me as she might look at a person urinating on himself.

"Why are you making that face?"

"What face?" I asked. But I knew what she meant. I tried grimacing as I typed, the same way Grohl does when he hits an especially pleasurable lick. It didn't translate.

Anka Radakovich, author of *The Wild Girls Club Part 2*, gave me another explanation, one that proved more helpful. "While we watch him play his guitar, we are fantasizing that he is strumming our 'clitar,'" she said. "Guitar players are notorious for being good with their fingers."

Ah, so there it is. Maybe it's not the creativity or musical ability that equates with making pretty babies. Maybe, when women are being transfixed by guitarists, they're just looking at the chord changes, if you know what I mean.

Miller concurred when he explained all the traits that make guitar players sexy, including "the manual dexterity to master the fingerings."

Yes, of course. Master the fingerings.

I'll be bringing my laptop to bed tonight. And I'll be sure to emphasise elaborate keyboard strokes and dexterous touch typing. It probably won't work. But I refuse to let Dave Grohl get all the glory.

Females of many species, like birds, frogs and whales, select the best male musicians as their mates.

Climb The Cognitive Ladder

Chasing a bigger pay slip could be selling your brain short. Challenge yourself to keep your mind alive.

H

Hold onto your wallets: Wages in places like the UK have fallen by an average of 10 percent since the financial crisis, worse than anywhere in Europe bar Greece. So far, so scary.

But just because your job isn't filling your bank account doesn't mean your career is bankrupt of worth. In fact, when it comes to your next career move, a change in priorities could help make a smart deposit in your health pension.

A new study in the *Journal of Occupational and Environmental Medicine* discovered a challenging workplace improves cognitive powers as you age - meaning mental stimulation wins out over salary in the long-term.

Sadly, the reverse is also true: A better-paid office drone filling in spreadsheets will find his faculties declining far faster, increasing your likelihood of developing dementia.

The Western world likes to equate wealth with health. But it's mental stimulation, not money in the bank, which will guarantee an upturn in later fortunes. So the next time you update your CV, consider the jobs designed to boost bank balance and brain. These are the thinking man's career choices.

Stimulus Package

THE TOP JOB CRITERIA FOR A HEALTHY BRAIN, MATCHED TO YOUR NEW ROLE, ACCORDING TO THE UNIVERSITY OF EDINBURGH.

MENTORING:

Stay savvy by sharing your knowledge. Teachers rarely lose their edge.

PRECISION WORKING:

Tinker with an engineering career for cognitive gains through motor skills.

NEGOTIATING:

Stimulate debate with a legal career to get creative juices flowing.

CO-ORDINATING:

Overseeing people in a management role gets your brain spinning plates.

Why You Cough

Use our guide to send that nasty hack packing.

When you catch a cold, the runny nose and sneezing subside after a few days. The coughing? It just keeps coming, like bad reality TV.

The hack outlasts other symptoms in seven out of 10 cold sufferers, according to research by Dr Peter Dicipinigitis of the Montefiore Cough Centre.

If you also have chest pain, fever, or blood or if you've been coughing for two months or longer, see a doctor at once, Dr Dicipinigitis says. Otherwise, the barking is probably no big deal. And you can defeat it once you know how it works. "Coughing is a reflex, just like an itch," he says. Here's how to scratch it.

1/ Windpipe and Lower Airway

These passages are lined with sensitive receptors. Invading viruses irritate and inflame them, and the irritation can persist even after your immune system clears the infection.

Head this off: In a study published in the journal *Medicine*, people who always washed their hands before eating, after using the toilet, and after coming home from community activities were able to significantly reduce their odds of coming down with the flu – a common cause of coughs.

2/ Vagus Nerve

The irritated receptors in your windpipe and airway send signals to your brain through the fibres of this large nerve.

3/ Medullary Cough Centre

Your brain has a hacking HQ. It's in your medulla, a region that coordinates involuntary actions. When the cough centre receives a signal from the vagus nerve, the cough reflex kicks in.

You could stop it with dextromethorphan, an over-the-counter cough suppressant that works by muting your cough centre. You need at least 30mg to do the trick, and many products are too weak, says Dr Dicipinigitis.

And check for drug interactions: Dextromethorphan is dangerous when it's taken with certain drugs, including some antidepressants.

4/ Chest

Your cough centre tells your chest muscles to tighten as you inhale air. The cough is coming! Your chest may push up phlegm, though most post-cold coughs are dry.

Consistently hacking up slimy stuff could be a sign of bronchitis or a chronic condition called bronchiectasis, which can damage your airway. See a doctor if it persists.

5/ Mouth and Throat

You open your epiglottis (the windpipe's entrance) and force air out your throat and mouth. The cough can irritate nerves in your throat, which may send signals through the vagus nerve to trigger the whole process again.

To calm those cranky nerves, swallow a spoonful of something sticky and sweet, like honey.

Or pop a cough drop with menthol, which may desensitise receptors in your throat. You can find the maximum dosage in Fisherman's Friend Original Extra Strong lozenges.

Mental Health, By Michael Phelps

THE FAMOUS OLYMPIAN SHARES THAT LIKE EVERY OTHER AVERAGE GUY, STAYING SANE IS HARDER THAN IT SOUNDS.



TEXT: ALISA HRUSTIC PHOTO: JEFFREY M. HARRIS



W

When you take a look at everything Michael Phelps has accomplished throughout his career, it can be hard to believe that he would feel anything but happiness.

But in a new documentary, the champion Olympic swimmer opens up about his battle with anxiety and depression – two of the most common mental health issues affecting guys today.

In the film *Angst*, Phelps has a conversation with a young boy experiencing anxiety, *People* magazine reports. Phelps tells the boy: “I just didn’t like who I was. If something was bothering me that would start to come up, and I would start feeling angry or depressed or upset, I would almost ignore it.”

This isn’t the first time Phelps has opened up about his mental health. He once spoke at an event hosted by the Substance Abuse and Mental Health Services Administration.

He stated: “For me, getting to an all-time low where I didn’t want to be alive anymore, that’s scary. Thinking about taking my own life, I remember sitting in my room for four or five days not wanting to be alive, not talking to anybody.”

Suicide is the seventh leading cause of death for men. In fact, guys are nearly four times as likely to die by suicide than women, according to the American Foundation for Suicide Prevention.

One potential reason for that number: A lot of guys try to ignore their depression and anxiety. At a young age, men are taught to suppress their emotions.

So while a small percentage of guys report experiencing depressive episodes, the real number is probably much higher, since very few are willing to admit that they’re struggling, Fred Rabinowitz, professor of psychology at the University of Redlands, said.

“Male depression sometimes manifests through the ‘male code’ that says you cannot show weakness, sadness or vulnerability,” he explained.

To find a socially acceptable way of coping, your feelings may manifest through symptoms more specific to guys, like anger and excessive drinking.

Men who deal with anxiety – which can include generalised anxiety disorder, panic disorder and more – tend to experience similar problems, according to the National Institute of Mental Health.

The kicker? When your mental health takes a dive, talking about it is one of the most effective ways to get better, even though trying to forget your problems exist can be tempting.

For Phelps, speaking up made a difference.

“I started talking about the things that I went through, and once I opened up about that and things I had kept inside of me for so many years, I then found that life was a lot easier,” he told the young boy. “I got to the point where I understood that it’s okay to not be okay.”

How Exercise Fights Depression

FEELING THE BLUES? A PAIR OF RUNNING SHOES AND ADVICE TO GET MOVING MIGHT JUST DO THE TRICK.

Dr Madhukar Trivedi, a professor of psychiatry at the University of Texas Southwestern Medical Center, says that new neurons, which are normally produced in a part of the brain called the hippocampus, are necessary to maintain proper mood control.

Studies have shown that depressed people tend to have smaller-sized hippocampi. Researchers think that it might be because they’re not producing enough new neurons.

Exercise, on the other hand, is thought to spark the production of new neurons, possibly by increasing the levels of certain endorphins, a 2006 review in the *Journal of Psychiatry and Neuroscience* concluded. This can help alleviate depressive symptoms.

Using exercise to treat clinical depression, however, should be thought of like any other prescription. That means you need to talk to your doctor first before you start anything on your own, says Dr Trivedi.

But the “dosage” of the prescription seems a little clearer than how it’s actually working in the first place. According to a study by Dr Trivedi, you can shoot for the following schedule.

Set aside 3 to 5 times a week for aerobic exercise, and make sure you’re sweating for about 45 to 60 minutes a session. You want to maintain your heart rate at about 50 to 85 percent of its maximum.

– **Christa Sgobba**

5 Eye Doctors Share The Craziest Things They've Ever Seen At Work

"IT TURNS OUT, A SPIKE HAD FLOWN OFF THE METAL GRINDER, HAD PUNCTURED HIS CORNEA, AND WAS SITTING IN THE MIDDLE OF HIS EYEBALL."



TEXT: KORIN MILLER PHOTO: 123RF

W

When you see your eye doctor, it's probably for something simple, like your vision is a little off or you need a refill on your contact lens prescription. But, like all doctors, optometrists and ophthalmologists deal with some pretty dicey cases as well.

"You'd be surprised what I have seen," says Dr Alan Mendelsohn, an ophthalmologist with Eye Surgeons & Consultants.

With that in mind, we got eye doctors to open up about the craziest situations they've ever seen and how they fixed them. Keep these on the backburner next time you're annoyed that your eye doc is running late due to an emergency situation.

SUDDEN UNEXPECTED BLINDNESS

"A 60-year-old glaucoma patient came in as an emergency appointment with sudden unexplained blindness. Turns out she mixed up her glaucoma drops with cyanoacrylate, an extremely fast-acting and an extremely effective adhesive.

"The glaucoma eye drop bottle and the adhesive bottle are very similar, and she was

working on building models and inadvertently glued her eyelids shut.

"Turns out the adhesive worked beautifully on human tissue, causing the upper and lower eyelids to be sealed shut, with the eyeball underneath being totally immobile.

"Utilising topical anaesthetic and extremely sharp micro surgical scissors, I separated her eyelids. Thereafter, with lots of anaesthetic drops, Q-tips, rounded forceps and gentle pressure, I was able to free up the eyeball and remove residual glue. Each eye took at least 30 minutes, and her vision was restored." – **Dr Mendelsohn**

AN ICE PICK IN HIS EYEBALL

"I did my eye surgery residency training at Henry Ford Hospital in Detroit, a major trauma centre in the heart of the city's most violent neighbourhoods. Every night was an adventure, with man's inhumanity to man showing up in the form of all sorts of injuries.

"After my first year, I stopped asking patients how they got their injuries and just marvelled at the human body's ability to survive.

"One night, a fellow showed up at the emergency room with an ice pick in his eyeball. Because he couldn't afford an ambulance, he rode himself to the ER – on a motorcycle. He apologised for not wearing a helmet for obvious reasons." – **Dr John Hovanesian, eye surgeon**

A WHITE SPOT ON THE SURFACE OF THE EYE

"A couple of years ago, when I was doing a fellowship in Miami, the ophthalmology residents in the emergency room were seeing a patient who came in for a white spot on the surface of the eye.

"The first-year resident who was looking at it was perplexed at what the lesion could be, so he called over some other first-year residents to take a look. They were all sort of confused, so they

called their senior resident to come take a look. The senior member saw the patient, then grabbed a cotton tip applicator, and flicked the 'lesion' off. It was a popcorn kernel!" – **Dr Alberto Distefano, oculoplastic fellow**

A SPIKE HAD FLOWN OFF THE METAL

"A couple of years ago, I had a patient who came to me for decreased vision and a little pain in one eye. The patient had been working on his car using a metal grinder, which is used to remove rust off of the car frame. He thought something hit him but wasn't sure – he had poor vision and could only see a hand moving in front of his face.

"It turns out a spike had flown off the metal grinder, had punctured his cornea, and was sitting in the middle of his eyeball. It was an inch long, which is the length of the eye.

"Fortunately, it didn't touch his retina, but he needed emergency surgery to remove this very large foreign body from his eyeball, which involved removing the lens and jelly from the back of the eye.

"After that surgery and another surgery months later, he ended up seeing 20/30 uncorrected."

– **Dr Jonathan Criss, comprehensive ophthalmologist**

FOREIGN BODY SENSATION, DISCHARGE AND REDNESS

"Two years back, an older lady

visited my clinic with complaints of foreign body sensation, discharge and redness.

"There was history of multiple consultations in the past to many ophthalmologists and using many eye drops without any relief.

"On examination, I found a folded contact lens in the upper fornix of her right eye. I removed that contact lens. Later, the patient said that she had some eye problems 20 years ago during her visit to her son's place in Australia. The ophthalmologist had placed a contact lens in her eye and asked her to come back after a month, but the patient missed the visit and forgot about that contact lens.

"That same lens was in her eye for 20 years and that was irritating her eye. On her one-week follow-up visit with me, she was very relaxed and said that she had a sound sleep, as all these years she could not sleep properly due to irritation by her contact lens." – **Dr Vaibhev Mittal, fellow in comprehensive ophthalmology**

THE LENSES WERE PLACED OFF AXIS

"A patient of mine came in explaining how her son, a middle schooler, had trouble focusing in school. He had been seen by a therapist who was testing him for ADD, but recommended having his eyes tested.

"He was already my patient and wearing glasses. I retested his vision and there was no change. But when we checked his glasses, the problem immediately became apparent. The lenses were placed into the frame 90 degrees off axis. His mom had purchased the glasses at a 'buy-one, get-one' optical special with a reputation among professionals for poor quality.

"Once his lenses were corrected, his focusing issue in school was no longer an issue. A buy-one, get-one special is not always a good deal."

– **Dr Mendelsohn**

That same lens was in her eye for 20 years and that was irritating her eye!

Eat To Beat The Holiday Spread

EVEN THE UGLIEST SWEATER WON'T BE ENOUGH TO DISTRACT FROM A SEASON OF DIET DISASTERS.

P

Punch bowls filled with sugary booze, the comforting smell of cinnamon buns, those little buns in pastry blankets – the holidays are filled with dozens of tiny temptations that, when piled together, can lead to big gains (the kind that lead to tight pants).

This three-pronged survival plan will show you simple, easy-to-implement strategies for enjoying the holidays – without the New Year's hangover.

TEXT MEGAN DITROLIO ■ PHOTOS (FOOD) CLAIRE BENOIST
& (RUNNER) JEFF ■ ILLUSTRATIONS HUBERT TERESKIEWICZ



PARTY SMART

Look, it's okay to let loose at a holiday event. Forget about counting calories. Just focus on a few simple changes to limit your intake so you don't succumb to a festivity-induced food coma.

1

KILL THE BUZZ

We know the party is late, but don't guzzle an energy drink. People in a Northern Kentucky University study who drank alcohol mixed with a caffeinated beverage had a greater desire to drink more alcohol than those who had a decaf cocktail. A Red Bull has 110 calories. A shot of liquor? About 100. You do the math.

2

EAT IN PEACE

People who ate while listening to loud noise consumed around 49 percent more food than those who were able to hear themselves chew, a Brigham Young University study found. The researchers dubbed this the "crunch effect." Apparently, the sound of chewing may help your brain identify how much you're eating.

3

WINE LESS

If you have the option at the party, choose a smaller wine glass. People who sipped wine out of a standard 300ml glass were less likely to have another glass of vino than those who sipped the same amount from a 370ml glass, according to a study in the journal *BMC Public Health*.

4

NOSH AWAY

When you select your food, prioritise two key components: protein and fibre. The more of these nutrients you consume, the faster you'll feel full, which will ultimately lead you to eat less overall. What that means at the buffet: Seek out shrimp cocktail, meatballs, vegetables, deviled eggs or cold cuts like turkey and ham.

5

SKIP THE ENTREE

Don't feel as if you have to eat both the appetiser and the main course. In fact, researchers at Drexel University found that people who ate a delicious appetiser rated their entree as less enjoyable than those who had a mediocre appetiser. If you know you enjoy a particular app, put it on your plate and treat it like a meal.

CONTINUE NEXT PAGE >

DODGE THE DANGEROUS FOODS

PLAY SCROOGE AND AVOID THESE INDULGENCES.



AT THE OFFICE

- **1 slice of pumpkin pie**
- 323 calories, 46g carbohydrate, 25g sugar
- **1 large brownie**
- 227 calories, 36g carbohydrate, 21g sugar
- **Handful of mini chocolate balls**
- 200 calories, 31g carbohydrate, 26g sugar

SAFER PICK Molasses or short-bread cookies. One medium cookie has less than 65 calories and 3g of sugar. That's not bad.



AT THE MALL

- **Cinnabon Caramel Pecanbon**
- 1,080 calories, 146g carbohydrate, 75g sugar
- **Auntie Anne's Cinnamon Sugar Pretzel**
- 470 calories, 84g carbohydrate, 29g sugar
- **Starbucks Gingerbread Latte with whip cream (venti, whole milk)**
- 450 calories, 50g carbohydrate, 48g sugar

SAFER PICK Black coffee... if you need a pick-me-up. Otherwise, get out of the mall, fast.



AS A GIFT

- **1 slice yule log cake**
- 450 calories, 58g carbohydrate, 41g sugar
- **Entire roof section of a gingerbread house, unfrosted** - 280 calories, 44g carbohydrate, 12g sugar
- **113g of summer sausage**
- 380 calories, 0g carbohydrate

SAFER PICK Fruitcake. No, really. A slice has 139 calories and 12g of sugar. Plus, you'll avoid the mystery meat in that sausage.



REDEFINE HOLIDAY FITNESS

Your usual workout won't likely stave off the coming bloat. Adjust your approach with these strategies.

► TAKE THE LONG VIEW

A single workout the day of your holiday party won't do you as much good as a bunch of hard workouts in the weeks leading up to it.

So train like you're trying to win something: An athlete's programme is typically three intense weeks followed by an easier recovery week.

During that fourth week, the focus is on resting and eating a bit more to adapt to the prior increase in activity.

This is actually a great approach for the holidays, says Michael Blevins, a Salt Lake City trainer who prepared Henry Cavill to play Superman.

"Use the first three weeks of December to work out harder than usual, and the last week, from Christmas Eve to New Year's Eve, to recover," he says. "That way, the extra food won't disrupt your body composition all that much."

► TRAIN WITH PURPOSE

Before you dive in on Dec 1, set a performance goal, says Blevins. "That gives you more direction and motivates you to exercise harder," he says.

Over the course of the month, you could aim to drop your running times, hit a cycling mileage distance, do more pull-ups or strengthen your squats or bench press. Along the way, you'll see definite improvements - you'll run faster or lift heavier - which will make you eager to exercise again.

► GET AFTER IT

Now work your butt off to reach your goal. For the first three weeks of your training, exercise as hard as you can three days a week, says Bobby Maximus, general manager of Gym Jones. If you're chasing an endurance goal, bring your heart rate as high as you can sustain for the distance, or a rate at which you can't talk while

you're training.

If your goal is strength, use the heaviest weights you can while still completing your workout. "A good sign is that you're going hard enough is if you want to quit halfway through," Maximus says.

For two days a week, do workouts that are more relaxed and that improve your weaknesses and mobility. These help you dodge injury and recover quicker.

► FIND YOUR CREW

Since you're training like an athlete, you might as well connect with a team. December is when cyclists and triathletes are building a fitness base for the competitive season and Crossfitters are ramping up for the Crossfit Open. "Jumping in with any of those groups will ensure that you're surrounded by people who don't slack off," says Blevins.



Men'sHealth

SINGAPORE'S NO.1 MEN'S MAGAZINE

WHAT'S THE **FASTEST** WAY TO REMOVE A PIMPLE?

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TIPS. OUR DIGITAL ISSUE IS ALSO
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Turn Off Your Fat Switch

WE FOUND FIVE WAYS YOU CAN HACK YOUR GENES TO HELP ACHIEVE YOUR WEIGHT LOSS GOALS.



I

If your father is more Dad Bod than Dad God, you might assume you'll eventually grow portly yourself. After all, nearly 100 gene variants are linked to obesity.

The good news: Some genes can turn on and off depending on your habits and environment. You could plunk down a few hundred on a DNA test, but why? Instead, try these smart strategies to flip your fat switch.

TEXT SARAH WATTS ■ ILLUSTRATIONS ARCADE

1



DEPEND ON PROTEIN

Chicken, eggs and other protein-rich foods are more than just muscle builders. A 2014 study published in *The American Journal of Clinical Nutrition* found that people who carry a variant of the FTO gene linked with higher obesity risk had less appetite and fewer cravings when they ate a low-calorie diet with 25 percent protein.

Protein fills you up and requires more energy to digest than other nutrients do, says study author Dr George Bray of Pennington Biomedical Research Centre.

► **HIT THE SWITCH** Include at least one protein-rich component, like turkey, shrimp or peanuts, in every meal and snack. "Spreading protein intake throughout the day helps your body best utilise it for function and rebuilding after exercise," says dietitian Rebecca Clyde.

2



EAT EARLY IN THE DAY

Your body runs on an internal clock, which is why you feel like crap when you wake up at the wrong time. This clock ticks in every cell of your body and influences your metabolism as well as your sleep habits.

A 2016 study in *The American Journal of Clinical Nutrition* found that overweight people who carried a certain variant of the PLIN1 gene associated with obesity lost more weight when they ate lunch earlier in the day. And the earlier they took that midday meal, the better the results.

► **HIT THE SWITCH** Eat breakfast and don't work through lunch. There's a simple way to determine how many calories to consume for breakfast and morning snacks, says dietitian Dina D'Alessandro: Count the hours between breakfast and lunch on a typical day and multiply by 100.

3



INCREASE YOUR WORKLOAD

Take a cue from the Amish on this one. In a landmark study of an Old Order Amish community, researchers from the University of Maryland concluded that a lifestyle with abundant physical work may help offset the impact of carrying risky variants of the FTO gene.

The most active men in this community burn about an extra 900 calories a day, thanks to several hours of farming, carpentry, blacksmithing and other activities - and this basically overrides that genetic demerit.

► **HIT THE SWITCH** You don't have to live on a farm to be as active as the Amish. There are many ways to log an extra 900 calories a day. For example, walk briskly for 13km over around two hours. Or try to run 11km in an hour. Or bike to work for 50 minutes each way.

OUTWIT YOUR FAT GENES

Bad genes do matter, but not as much as you think. Here's how each bad habit can raise the BMI of someone who falls in the top 10 percent of people with genetic obesity risk. (A normal BMI is between 18.5 and 24.9.)

BAD



+0.52

Eating fried food every day

Say you're a 1.8m guy with a French fry habit. Bad genes make you around 1.8kg heavier than a genetically gifted guy with the same vice. Bake potato slices in your oven for a less oily treat, says dietitian Marisa Moore.



+0.79

Drinking soft drinks daily

Frequent fizz fixes can cost a 1.8m guy with bad genes an extra 2.7kg. Instead of soft drinks, try soda water with frozen fruit, says Danielle Battram, who teaches food and nutritional sciences at Brescia University College.



+1.02

Eating a typical fast-food diet

In other words, too much processed junk and not enough produce. Try to ease into three servings each of leafy greens and fruit a day, says Dr Robert Ostfeld, director of preventive cardiology at Monte-fiore Health System.



+1.05

Doing just an hour (or less) of hard exercise a week

Start hard immediately after your warm-up, says Iowa State University kinesiologist Panteleimon Ekkekakis. Then gradually turn down the intensity over 10 to 15 minutes until you hit your cooldown pace.

CONTINUE NEXT PAGE >

4

**GO MEDITERRANEAN**

A variant of a gene called MC4R predisposes its carriers to obesity and type 2 diabetes. But there's hope: A Mediterranean-style diet may cancel out that increased genetic risk, recent research suggests.

This famously healthy (and delicious!) diet is rich in olive oil, fish, poultry, fruits, vegetables, legumes and nuts. An occasional glass of red wine is perfectly okay. The fibre and antioxidants prevalent in the diet seem to fight fat and improve glucose metabolism. Ciao bella!

► **HIT THE SWITCH** As you eat more Mediterranean foods, think about the tasty stuff you're adding, not what you're missing (like processed foods). When you begin, focus on eating quality meals, not counting calories. Log your food for the first few weeks to stick to it, says dietitian Erin Peisach.

5

**GUZZLE GREEN TEA**

This beverage might boost the activity of several genes that regulate metabolism, like one known as Glut4. In a 12-week study period, rats fed a high-fat diet plus green tea showed greater Glut4 expression than rats fed the same diet with water.

In humans, green tea antioxidants have been shown to improve blood sugar control. But take note: Researchers who study tea typically don't add sugar or cream. We're not talking about the 430-calorie Starbucks Green Tea Cream Frappuccino here.

► **HIT THE SWITCH** Drink a glass a day. Try regular Lipton Pure Green Tea, which had the most antioxidants per bag in a Consumerlab test. Steep green tea at 85 deg C for three minutes. This maximises both flavour and antioxidant content, a Turkish study suggests.

WAGE WAR AGAINST FATS

ADOPT THESE DAILY HABITS AND WIN THE WAR AGAINST BURNING THOSE STUBBORN FATS IN YOUR BODY.

**SQUEEZE OUT MORE CALORIES**

People who swapped in whole grains for the same amount of refined grains (207g) pooped 57 extra calories a day in a recent study. A fibre-filled gut may use more calories in digestion. For the deuce-inducing dose, choose high-fibre grains like oats, brown rice and quinoa.

**WALK TOWARDS A SIX-PACK**

Replacing 30 minutes of sedentary time with walking every day for a week can reduce your waist by a half inch, Dutch research suggests. One theory: Moving activates production of a fat-burning enzyme called lipoprotein lipase, which is reduced when you're seated.

**PHONE IT IN**

People at risk for diabetes who used tech tools to follow diet and exercise plans lost an average of 3.6kg in a one- to four-year period in a recent study. These tools may cost money, but it's a small price to pay as compared to more costly dialysis treatments down the road.

WORST

+1.32

Doing less than 7 hours of moderate exercise a week

Every Sunday, set aside a few minutes to schedule a week's worth of workouts on your calendar. "Prioritise it like you would a dentist appointment," says University of Minnesota kinesiologist Beth Lewis.



+1.97

Watching 4-plus hours of TV a day

It's tough to resist a steady stream of Netflix and Hulu, but all that time on your butt isn't doing your backside (and the rest of your body) any favours. Grab dumbbells to build muscle during TV time.



+2.13

Spending 5-plus hours a day sitting

This costs an extra 6.8kg for a 1.8m guy who's cursed with bad genes. Each time you hit "send" on an e-mail, stand up and stretch, says Emily Mailey, an assistant professor of kinesiology at Kansas State University.

THE STAT

01

THE NUMBER OF DAILY CUPS OF COFFEE THAT, WHEN EXCEEDED, DIMINISHES THE INFLUENCE OF GENE VARIANTS LINKED TO OBESITY, ACCORDING TO RESEARCH FROM HARVARD AND TULANE UNIVERSITIES.
BMC MEDICINE

Festive Fun

THE FULLERTON PROMISES TO GIVE YOU THE CHILLEST STAYCATION TO END THE YEAR, WITHOUT MISSING OUT ON DECEMBER'S FESTIVITIES.

It's always nice to end the year with a relaxing staycation with family and friends, and the Fullerton has got a nice wellness journey that should appeal to fitness fanatics, with running trails along the Singapore River or Marina Bay, great gym facilities, a 25m swimming pool, and healthy dining selections, as well as a gluten-free afternoon tea menu. On top of that, this month you can also join its Christmas light-up at Fullerton Square with a 7.5m Christmas tree with food trucks, live performances and "snow." It has even promised a localised nasi lemak-inspired turkey! **For more details and room rates, check out www.fullertonhotels.com.**



WHISKY LIVE SINGAPORE 2017 ♦ The world's rarest whiskies and spirits, shared and paired with some amazing food and experiences over one amazing weekend in Singapore. How do you say no to that? There's also cool masterclasses to meet the biggest names in the industry to learn their whisky expertise and knowledge (though do take note booking is strictly limited). You'll be able to attend from the likes of Nikka, Old Pulteney, Kavalan, Amrut and Bruichladdich Octomore.

►► Nov 25 & 26, passes start from \$99. For more info, head to www.whiskylive.sg.

WILD RICE PRODUCTIONS: MAMA WHITE SNAKE

♦ Directed by Pam Oei, it features a sparkling script by Alfian Sa'at and a delightful score by Elaine Chan. The perfect musical for the entire family, this amazing adventure puts a cheeky and charming spin on the classic Chinese folk tale Madam White Snake, which your parents would be familiar with. Also, for the first time in 30 years, Glen Goei returns to the Singapore stage in the title role - forming a celestial sister act with Ivan Heng as Green Snake.



►► Nov 24 to Dec 16, Drama Centre Theatre, Singapore. Tickets from \$45. For more details check out www.wildrice.com.sg/productions/214-mama-white-snake-2017.

EVENT



ZOUKOUT 2017 ♦ Flaunt that beach bod and slip into your comfiest flip flops - Zoukout returns this year with a line-up of electronic dance music A-listers. Ravers need no introduction to it: One of Asia's longest running annual dance music festival, it brings the continent's best nightclub and the 4th ranked in the world, Zouk, to the great outdoors. The event is also the largest dusk-to-dawn beach festival in the region. Programming for Zoukout runs over 12 hours, with the last night of the two-day festival ending only at 8am.

►► Dec 8 & 9, Siloso Beach, Sentosa. Tickets from \$138. For more info, visit www.zoukout.com/2017.

PLAY

USEFUL YOUTUBE VIDEO OF THE MONTH



Search Youtube for

"12 Travel Packing Tips: Howdini Hacks"

Log on to:

www.youtube.com/watch?v=yrtwexpgLW8.

12 Travel Packing Tips: Howdini Hacks

It's the holiday season, and the thought of packing your entire wardrobe into the luggage is stressing you out. Fret not, as this video will share with you some space-saving tips so you can have more for souvenirs during your vacation!

Retain Your Crowning Glory

WE ASKED THE PROS FOR THEIR GO-TO PRODUCTS.

H

Hair thinning happens to every guy, no matter the age. Maybe you're suffering from it now. But what's the reason? "A lot of guys' hair starts thinning because it's unhealthy," says grooming expert David Pirrotta. This can be due to over-shampooing or just using the wrong products. One of the easiest way to rectify this issue? Switch out your shampoo.

A good thickening shampoo is your best option because of the technology behind it. These shampoos work by inflating the hair cuticle so the finish leaves the hair appearing thicker. Active ingredients in the shampoo deposit a thin film on top of the hair strands, making your hair look fuller and healthier.

With the recommendations of a few experts, here are five shampoos that can help make you a little more confident about what's on top of your head again.



RETAIN MOISTURE



This naturally derived product promises to do double the work as it removes excess oil and build-up on the scalp while also conditioning your strands. The shea butter and argan oil help to smooth the hair out and give it more fullness.

USE: Shea Moisture Raw Shea Butter Moisture Retention Shampoo, \$29.90, www.lazada.sg/shea-moisture



ADD VOLUME



If you want to add thickness without all the chemicals, give this shampoo a go. Although a bit more pricy than other similar shampoos, barber Kirk Riley loves the natural ingredients because it works to condition the scalp and prevent hair loss.

USE: Hairdreams Volume Shampoo For Fine Hair, \$58, www.hairdreams.com.sg/products



PREVENT HAIR LOSS



Thickening shampoos aren't a new concept. Over the years, many companies have stepped it up a notch. Ingredients like menthol and vitamin E work together to boost circulation in the scalp and also promote hair growth, giving your mane a fuller look (and feel) afterwards.

USE: PHS Hairscience Hom Fortify Shampoo, \$39, www.phshairscience.com



GO ORGANIC



Containing organic ingredients, this shampoo's selling point is that it's formulated with biotin. People ask about it a lot because they hear so much about it. Biotin is a vitamin that has been linked to improved hair health, and when used in shampoo, it can help to strengthen the hair follicle.

USE: Avalon Organics Shampoo, \$30, www.avalonorganics.com/en



RESTORE VITALITY



This conditioner combines both calcium and caffeine to help make your strands stronger and more resilient. Studies have shown that caffeine has the ability to interact with hair follicles, guiding their behaviour and regulating hair growth.

USE: Min New York Fortify Daily Conditioner, \$120, www.whatthewants.com.sg

TEXT: MONICA ANDRADE & NICHOLAS WOO
PHOTO (MAIN): MASTERFILE

The Perfect Wingman For All Your Nights Out

YOUR IDEAL AMOUNT OF FRAGRANCE FOR HITTING THE BARS AND FIRST DATES AFTER WORK.

You've got a good cologne for nights on the town. But even subtle colognes can feel heavy handed – or downright overpowering – if you're headed to work, the coffee shop or even on first dates. In these situations, an aftershave is your best bet. Aftershaves tend to be fresher and lighter than colognes, and they communicate your sex appeal in a whisper, rather than a shout. Here are our top picks.

1



KOALA'S FAVOURITE

Let's start with the scent, which is about as uncluttered and fresh as it gets. It packs the right amount of citrus – a scent that, like menthol, "adds a little sex appeal without being over the top," Julia Zangrilli, founder of Brooklyn's Nova fragrance house, says.

► **Use:** Jean Paul Gaultier Fleur Du Male Edt For Men, \$93, www.jeanpaulgaultier.com/en-us

2



ZESTY FRESH

Zangrilli says any and all citrus notes smell both clean and refreshing, which mean they're ideal for everyday wear. This is probably the lightest fragrance among the options on this list. Use it if you want your partner – or the co-worker sharing your cab to the airport – to smell you (but no one else).

► **Use:** Issey Miyake L'Eau d'Issey Pour Homme Sport, \$90, www.isseymiyakeparfums.com/en

3



A FRESH START

Notable for its slightly sweet mojito accord, this scent combines rich, woody notes with invigorating bergamot, while extracts of light rum, cardamom and lavender impart a confident and elegant edge. Bonus: It's also ultra-nourishing for your skin!

► **Use:** Calvin Klein Encounter Fresh, \$93, www.calvinklein.com/s/home

4



THE CLASSICS

Almost anything from Taylor of Old Bond Street – or Tobs, as it's known among shaving junkies – is going to serve you well. But while some of Tobs' line is on the stronger side, this soothing aftershave gel provides just the right amount of natural sandalwood and cedar fragrance. This gel's combination of allantoin and witch hazel conditions and refreshes your skin. Just don't go nuts. A 10-cent-coin size will do.

► **Use:** Taylor Of Old Bond Street Sandalwood Luxury Aftershave Gel, \$26, www.lookfantastic.com.sg

5



HIS AND HERS

The missus probably already has her preferred brand of perfume, and you want to find one that can match hers, but want to avoid a fragrance that is not masculine enough. Or worse, overly feminine. This brand of fragrances has done just that. Retaining its signature contrast of freshness and sensuality, it has come up with a masculine counterpart to its iconic feminine perfume.

► **Use:** Dolce & Gabbana D&G Light Blue Eau Intense EDP For Men, \$90.60, www.dolcegabbana.com/beauty/perfumes

Men's Health

100% Useful!



TECH TOYS 'R' US

LET'S FACE IT, WE BOYS NEVER GROW UP; WE'RE ALWAYS INTO SOMETHING. SO HERE ARE THE LATEST AND NEWEST GADGETS THAT EVERY GUY WILL LOVE PLAYING WITH.


2
DYSON PURE COOL LINK

There are many reasons to hate the haze, but for guys with their own bachelor pads, here's another: The air purifiers usually sold on the market are ugly as heck, spoiling your interior decor. On top of that, they're pretty bulky and take up space in the storeroom when haze season passes. That's why Dyson's Pure Cool Link rocks, because it's running double duty as a really, really good-looking fan as well. As purifiers go, it also works off-haze season, being able to capture 99.9 percent of ultra-fine allergens, odours and pollutants as small as 0.1 microns. In a nutshell, it'll help get rid of the strong smell your durian nights leave.

► **Price** \$599

► **Available at** <http://shop.dyson.com.sg>, and major department and electronics stores

1
JABRA ELITE SPORT

Earbuds have come a long way since Ryan Reynolds first put on a pair in the movie *Definitely, Maybe*, and had us all scrambling on the Internet to find them. (They didn't exist then, apparently; they were just a movie prop.) And you know it got serious when tech bigwigs Apple decided to come out with a pair. But did they make the best? In our opinion, no. That crown goes to old-school Bluetooth expert Jabra, which recently released a new iteration of its already-good Elite Sport. This version is differentiated by the grey with bright green earbuds, and now delivers 4½ hours of playtime, coupled with a portable charging case to give 13½ hours in total. That makes a world of a difference – the previous version used to conk out towards the tail end of MacRitchie three-hour hikes. On top of that, they also come with the works, including heart rate tracking. Last but certainly not least, with us being old hats at the whole Bluetooth thing, we reckon these are also the best you'll be able to have hands-free conversations with on the market.

► **Price** \$368

► **Available at** major electronics stores



3
**SAMSUNG POWERBOT VR700 STAR WARS ROBOT
VACUUM CLEANER**

A powerful suction, full-view sensor and an edge clean master feature. Here's a robot vacuum that does its job both quickly and efficiently. At only 97mm high, it can get into hard-to-reach areas in your house, like under the furniture. It cleans often-missed areas such as the edges of the room, so you won't have to do it. And with its self-cleaning brush, you can say goodbye to the unpleasant experience of pulling out hair or dust particles that get stuck inside the vacuum. We saved the best for last: The Darth Vader vacuum makes the Sith Lord's iconic breathing noises, while the Stormtrooper one calls out "Let's go!" when it begins cleaning.

► **Price** US\$799 (\$1,090)

► **Available at** www.samsung.com


4
**UBTECH STAR WARS FIRST
ORDER STORMTROOPER
ROBOT**

We like robots. We like *Star Wars*. There's absolutely nothing not to love about this gizmo, really. So what does the robot do? It features augmented reality app modes that allow you to play on the Dark Side as a First Order Stormtrooper against the Resistance in your own room, issuing direct verbal orders, and launch attacks via the app interface in first- and third-person views for immersive interactive app play. It also has facial recognition, so your Stormtrooper will know and acknowledge up to three faces, and does sentry patrolling, where you can order it to patrol a designated area to detect and respond to intruders. Though given any 'trooper's usual aim, that's not going to deter anyone.

► **Price** \$529

► **Available for** order at www.banleong.com.sg and major electronics stores


5
**BOSE QUIETCOMFORT 35
WIRELESS HEADPHONES**

Annoyed by weird grunts at the gym? Or just want to shut out all the outside world's distractions? Look no further than the QC35 headphones from Bose. The miniaturized microphone arrays inside and outside of each ear cancel any outside noise – meaning absolutely nothing will distract you from your music. And you don't have to worry about them dying on you. The company promises up to 20 hours of continuous listening on the headphones' batteries, which will last you a typical day at the office. Just don't jump in fright when your boss taps you on the back.

► **Price** \$559

► **Available at** www.bose.sg and major department stores





6

SONY PLAYSTATION VR

Yes, VR stands for virtual reality. But how real is the virtual, given VR has been promised for the longest time but has always fallen short?

Apparently, now it's real enough that after playing for an hour, we had problems distinguishing if we were still in the game or out of it. That was our experience after playing *Batman: Arkham VR*. It is thoroughly immersive, and even beyond playing the Dark Knight, there are other fun games that make use of virtual reality well, like *Farpoint*, which is played with an aim controller (toy gun, really). Let's just say playing a first-person shooter game feels really different when you actually are in the person of the first shooter.

► **Price** \$579 (Playstation VR) and \$129 (Farpoint Aim Controller Bundle Pack)

► **Available at** Sony stores and authorised retailers, including Qisahn, Funco Gamez, Gamewerks, PlayE and TOG stores

6

ACCUSCULPT II MACHINES AT AMARIS B CLINIC

Some of us have been blessed with good genes and have that perfect chest we all see on movie stars. For others who are less lucky, they have to face the discomfort and even possible humiliation from having male boobs. Fret not, there is tech that can help. Using Accusculpt machines imported from South Korea, the doctors at Amaris B clinic remove excess glandular tissues in your chest muscles via Vaserlipo, a minimally invasive treatment in which ultrasonic waves are introduced into your body to break down the excess fat cells, which are liquefied and then removed. In addition, the treatment will leave your chest area more sculpted as well. Your end result will be a more defined and muscular appearance. So go on and take off your shirt at the beach.

► **Price** Gynecomastia treatments start from \$4,500 onwards

► **Available at** www.cliffordaesthetics.com/acne-scar-program



PHILLIPS STAR WARS WET AND DRY ELECTRIC SHAVERS

Star Wars? That's it, we're sold. (Except for Jar Jar; we hate Jar Jar.) So let's look at tech specs first. It's got V-Track Pro, 72 self-sharpening v-shaped blades that cut hair with less pulling on your stubble (we know that hurts), and head flexes in eight directions, in case you decide to get creative on where exactly you plan to shave. (We meant your legs!) Now, about the *Star Wars* angle: It looks like BB-8. Feel free to hum the *Imperial March* as you're shaving.

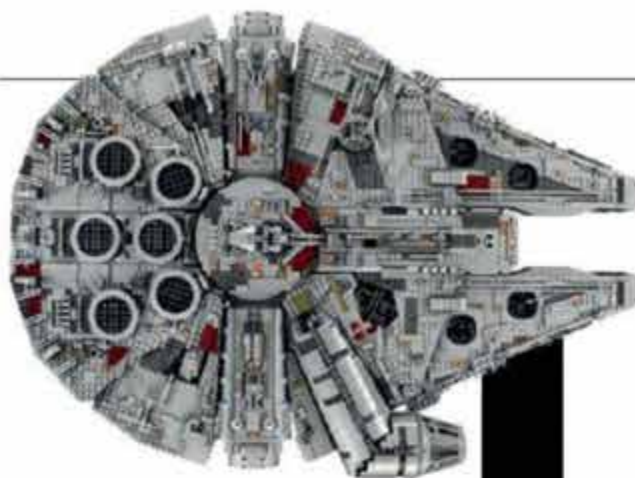
► **Price** \$149

► **Available at** Philips' online store, selected electronics outlets, major department stores and authorised dealers



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9

MILLENNIUM FALCON LEGO SET

Yes, 7,541 pieces. That's the total number in Lego's single largest set ever, and the company's single most expensive. But you get what you pay for. This Ultimate Collectors Series set is a super-detailed version of the Corellian smuggler from *Star Wars*, right down to the swappable deflector dishes and accurate interior sets to match either the original trilogy or *Force Awakens* variants. Ten mini figures also come along with the set, including classic characters Han Solo, Chewbacca, Princess Leia and C-3PO, new additions to the family like Older Han Solo, Rey and Finn, and of course, the BB-8 droid and 2 buildable Porgs, all of which you can use to crew your giant Lego ship.

► **Price** \$1,209.90

► **Available at** www.bricksworld.com and Lego stores



10

MUJJO LEATHER TOUCHSCREEN GLOVES

This is the only pair you'll need for all your winter travels. Since the entire surface of each glove will activate any touch surface of your electronic devices, you're no longer limited to using your fingertips or thumbs when interacting with your phone, unlike most other gloves out on the market now. So say goodbye to removing your gloves hurriedly when you want to take photos with your handphone! And the gloves are made out of Ethiopian lambskin, which is both windproof and waterproof, keeping your hands nice and warm, be it during snowball fights on a snowy field, or a rainy day outside.

► **Price** 82.60 euros (\$130)

► **Available at** www.mujjo.com/store



UNIQLO HEATTECH SERIES: REGULAR, EXTRA WARM, ULTRA WARM

We love the Heattech series of innerwear for its versatility in different temperatures and environments. Its regular T-shirts, for instance, are perfect for temperature-controlled places like offices with over-zealous air-conditioning or hospitals, as an additional layer under your formal wear. You won't feel too warm or stuffy when you go out for lunch. The best part is that since its fabric is thin, it will work perfectly as an extra layer underneath your clothes, be it T-shirts, jeans or tight pants.

► **Price** \$12.90 onwards

► **Available at** www.uniqlo.com/sg/store/ and Uniqlo stores


12
IPHONE X

Yes, it made our list, despite being unbelievably expensive, and with features that other handphone makers have been offering for the longest time. Why?

For starters, Face ID really is quite useful, and works better and more consistently than its competitors'. In our experience during reviews, guys who drive will love Face ID the most, as you won't have to actually unlock the phone physically. Just glance at it and it opens up. Animojis are cute – what girl will say no to an adorable pile of poo asking her out? Or maybe use the monkey instead. The new screen is also great for watching HDR movies, and impressively, the battery life is almost (we repeat, almost) able to survive one whole day of use without a powerbank in sight. If you've got the bucks to splash...

► **Price** from \$1,648

► **Available at** www.apple.com.sg and local telcos


13
PHILIPS DAILY COLLECTION AIRFRYER

Having a bad craving for crunchy fried grub but can't condone the calories? Have you tried air-frying? It uses hot air to cook food, producing stuff that's crispy on the outside and tender on the inside. Philips' unique rapid air tech fries, grills, roasts and even bakes with little or no oil.

► **Price** \$299

► **Available at** www.philips.com.sg, selected electronics and major department outlets, and authorised dealers


14
EPIQUE CITY FOLDABLE ELECTRIC BIKE

You know what the trouble with bike commuting in Singapore is? The humidity and sweat. There's really no fun in getting to the office looking like you just had a shower. The Epique City promises to solve that to some extent – if it doesn't rain, of course – by being a foldable pedal-assist electric bicycle like no other, and boasting a slope-climbing ability of 30 degrees. What that means is you won't have to pedal hard to reach your destination. Which means less sweat! On top of that, it also comes with 16 x 2.125-inch tyres, which make the ride far more comfortable compared to other foldable bicycles. And it doesn't take much to fold. In fact, it gets into a compact square, making it easy to store. Extend the seatpost and it even becomes a push trolley!

► **Price** \$995

► **Available** for test ride and order at Falcon Pev Showroom, #06-06 Delta House, www.falconpev.com.sg

15

SAMSUNG 49-INCH QLED GAMING MONITOR

Where do we even start? It's probably the largest curved gaming monitor out there on the market, which means you get to play *Mass Effect: Andromeda* in all its cinematic glory and be able to kill enemies faster than your teammates and gain that extra experience point. The monitor comes in-built with Samsung's trademark Quantum Dot technology, which enables you to fully immerse yourself – and almost make yourself believe you are roaming around – in the wild and expansive fields of the world of Eos as you play *Final Fantasy XV*. And if you want to do work after all the gaming, there is proprietary software available that enables you to configure up to six windows at once, you multitasker.

► **Price** \$2,299

► **Available at** www.samsung.com/sg and major electronics and department stores



17

INFINI MACHINES AT CLIFFORD AESTHETIC CLINIC

If you have been battling acne scars to no avail, even though you're way past puberty, then give this programme a try. The clinic uses South Korea-imported Infini machines and radiofrequency (RF) microneedling technology in its treatments, which is better than traditional laser therapy because RF is more suitable for ethnic skin, and the risk of post-inflammatory hyperpigmentation is lowered. This is done through the Infini's ability to set multiple needle depths (up to 3.5mm) per pass during treatments, which means it allows the machine to reach the dermis, whose damage causes acne scars to form. Normal laser treatments typically wouldn't reach such depths. Most reach 1.5mm to 1.75mm below the skin only. Also, a safety feature is the Infini's insulated needles prevent electro thermal damage from occurring anywhere other than on the tip of the needle. This isolates the RF energy and stops it from heating up other parts of your face. Say goodbye to swollen and sunken-looking cheeks!

► **Price** \$2,550 onwards

► **Available at** www.cliffordaesthetics.com/acne-scar-program

16

NIKON D850

This is the only DSLR you'll ever need. It possesses highly desirable photographic features that results in no less than stunning images. Its 45.7 (!) megapixel sensor and silent photography function are the perfect allies for all your social functions – be it capturing the moment when the bride and groom yum sungs during weddings, saving the entire wild and arid landscapes of the Twelve Apostles rock formations in Australia, or seizing the exact moment when a kingfisher swoops down to catch a fish. This DSLR also has a new feature, focus shift capability, which would solve all your problems of taking photos that are action based. So you can happily snap a great freeze-motion image of the rush hour traffic at Tokyo's Shibuya scramble crossing, or the Formula One cars mid-race during a grand prix, and be satisfied with the end results.

► **Price** \$4,999 (the body alone) and \$5,949 (with the AF-S Nikkor 24-120MM F/4G ED VR Kit set)

► **Available at** www.nikon.com.sg and major department and photo stores




18
DYSON SUPERSONIC

Our manes matter. But if you're spending hundreds on conditioners and creams to keep it healthy, it's pretty ironic to be then killing it post-shower each day by burning them with cheap and crappy hair-dryers. Meet your hair's saviour – the Dyson Supersonic. Here are some tech specs to get excited about: It's digital motor spins at 110,000rpm – five times faster than a Formula One car engine. But what we really loved about it is this: 41 litres of air per second that help dry your hair super-fast, and a microprocessor that keeps the temp below 150 deg C so you don't kill your hair.

► **Price** \$599

► **Available at** <http://shop.dyson.com.sg> and major department and electronics stores

19
SONY PLAYSTATION 4 PRO

If you're going to dream, dream big. That's the motto we went with for this Guide to Gear, so obviously we're going to want the Playstation 4 Pro, rather than it's earlier, lesser iterations. What do you get more for your buck? 4K and HDR signals that are compatible with most high-end TVs, and better visuals and increased frame rates for certain games. We played *Rise of The Tomb Raider*, and we kid you not – Lara actually looks hotter on the Pro versus the normal playstation. It's all about definition, no?

► **Price** \$599

► **Available at** Sony stores and authorised retailers, including Qisahn, Funco Gamez, Gamewerks, PlayE and TOG stores


20
GARMIN VIVOSPORT

So you don't want to get a full-sized smartwatch, but you do want something that will track your workouts whenever and wherever. There's Garmin's latest GPS-enabled tracker. Safe for swimming and showering, and with a battery life of up to seven days in smartwatch mode, and eight hours in GPS state, this ultra-slim tracker is built for life on the go. Its Move IQ also automatically classifies multiple activities, so you don't have to spend five minutes before exercising just trying to figure out which workout to classify it under.

► **Price** \$299

► **Available at** major department and electronics stores





21

PHILIPS AVANCE COLLECTION INDOOR GRILL

You really can't have a guy's night in without guy grub. And you can't really call it guy food unless there are fat, juicy steaks roasted over a hot fire. But then there's the clean-up after. Take the hassle out of lighting charcoal or having your plans ruined by unpredictable weather with the Philips indoor grill. Perfect for intimate indoor gatherings, this revolutionary countertop appliance with advanced infrared heat technology and reflect system delivers a constant heat of 230 deg C within a minute of plugging in, and promises an amazing cookout of evenly browned juicy steaks, sizzling sausages and grilled vegetables without compromising on taste. You're welcome.

► **Price** \$499

► **Available at** www.philips.com.sg, selected electronics and major department outlets, and authorised dealers



22

DYSON V8 CORD-FREE VACUUM

Look, there's no sugarcoating it: housework sucks. But cool tech gadgets can help it suck less. Or, in this instance, literally suck more. Dyson's V8 vacuum looks like a techie's dream, but more importantly, is small, lightweight and powerful, and comes with a range of attachments (don't we love our add-ons) that help clean in almost every way conceivable. Guys with rides will love the fact the V8 also trumps that crappy made-in-China cigarette lighter car vacuum that you got last Christmas that never works. You'll be the envy of every dude in the carpark when your vacuum sounds louder than their cars as it cleans.

► **Price** \$999

► **Available at** <http://shop.dyson.com.sg>, and major department and electronics stores



23

SAMSUNG GEAR SPORT

Looking for the one smartwatch to motivate you to move more, eat better and live healthier in 2018? You might want to check out Samsung's latest offering – it promises to be your perfect tracking companion from fitness to diet to sleeping patterns. You can set health and diet goals on your phone and start tracking your progress from your wrist, as it makes it easy to keep your calories in balance and track your intake, as well as offer tips and insights you can use to stay on track. It also has a personal training guide app. You can select over 60 workouts, and the Gear Sport will guide you through the motions as it measures your heart rate.

► **Price** \$448

► **Available at** telecommunication operators and major consumer electronics stores.

24
SAMSUNG GEAR FIT2 PRO

Looking for a fitness tracker than specialises in monitoring your pool workouts? Samsung's Fit2 Pro is water-resistant to 50m, and works both for pool and open-water swims when it comes to tracking your distance clocked. It also automatically detaches and logs all your fitness activities, whether you're playing tennis, basketball or simply at Zoukout raving your head off.

► **Price** \$268

► **Available at** telecommunication operators and major consumer electronics stores


25
GOPRO HERO 6

In today's Instagram-crazy age, how nice the pics and videos of your travels turn out is almost as important as the trip itself. Save yourself the hassle of worrying about missing moments with GoPro's latest offering. With stunning 4K60 and 1080p240 video packed into a rugged, waterproof, go-anywhere design, you can automatically transform your adventures into cinematic Quikstory videos to share with the world. The Hero 6 also has dramatically improved dynamic range and low-light performance to really make things pop, and an added digital zoom just to get crazy.

► **Price** \$750

► **Available at** major electronics stores


26
STAR WARS JEDI CHALLENGES ON LENOVO'S MIRAGE AR HEADSET

Everyone wants to be a Jedi (or Sith). Now you can live your dreams of fighting like one with Lenovo's Mirage AR Headset, which comes with a lightsaber controller and all-new gameplay content from a galaxy far, far away. You simply download the Star Wars: Jedi Challenges app onto your phone and into the AR headset. A tracking beacon is placed on the floor for the headset's sensors to detect your movement. You then pick up a collectable-quality lightsaber controller, modelled after the famous one created by Anakin Skywalker, and passed on to Luke and Rey in the later episodes. You then begin lightsaber duels with the likes of Kylo Ren with haptic feedback as you strike and block.

► **Price** \$379

► **Available at** Addon, Challenger, Courts, Harvey Norman, Newstead, PlayE, TOG and Toys 'R' Us

Personal[®] TRAINER



84 BREAKTHROUGH

ENTER A PARALLETTE UNIVERSE

HIT A COUPLE OF BARS TO BURN MORE FAT, BUILD STRONGER MUSCLE AND MOVE WITH MORE GRACE.

80 MUSCLE

SHORE UP YOUR SHOULDERS

MANY LIFTERS END UP WITH SORE SHOULDERS. HERE'S HOW TO END THE PAIN IF YOU HAVE IT, AND AVOID IT IN THE FUTURE.

90 NUTRITION

WHEEL OF FORTUNE

PIZZA MIGHT SEEM AN UNLIKELY ALLY WHETHER YOU'RE LOOKING TO SLIM DOWN OR PACK ON SIZE, BUT IF YOU'RE WILLING TO DEVIATE FROM THE NEAPOLITAN FORMULA A LITTLE, YOU HAVE THE BASE FOR SOME SERIOUS GAINS.

68

FITNESS

YES, YOU CAN DO A TRIATHLON!

WHETHER IT'S YOUR FIRST RACE OR YOUR 50TH, THESE PROVEN TIPS AND TECHNIQUES WILL HELP YOU CONQUER ANY COURSE IN RECORD TIME.

78 FITNESS

BEST POST-WORKOUT MASSAGES

LOOKING TO RELIEVE YOUR SORE MUSCLES? HERE ARE OUR TOP THREE PICKS.

82 GEAR

CUT TO THE CHASE

DESIGNED WITH SMOOTH RUNS FOR THE RUNNER IN YOU, YOUR COMFORT WILL NOT BE COMPROMISED WHEN YOU POUND THE PAVEMENT WITH THESE THINGS.

THE TRIATHLON TRAINING TRIFECTA

SWIM

Do these three moves as a circuit (in any order), completing 5 to 10 reps of each exercise before moving on to the next. Stop 1 rep short of failure or when your form declines. Rest as needed. Do 3 circuits, changing your weights and rep numbers each workout.



PULL-UP

Hang at arm's length from a chin-up bar, using an overhand grip that's slightly beyond shoulder width. Bracing your entire body, pull your chest up to the bar and squeeze your shoulder blades together. Pause and slowly lower your body back to the starting position.



MEDICINE BALL SLAM FROM BOX

Grab a medicine ball and stand on a box or bench. Raise the ball overhead, and push your hips back as you slam it to the floor as hard as you can.



BARBELL LANDMINE TWIST

Secure one end of a bar in a landmine or the corner of a room. Load a plate on the other end. Grab the loaded end and hold it out in front of you, your feet shoulder-width apart. With your arms straight, bring the bar to your right, pivoting your hips and feet. Then bring it to the left. Return to centre. That's 1 rep.

WHETHER YOU'RE AIMING TO TAKE THE PODIUM AT YOUR NEXT RACE OR YOU JUST WANT TO BE STRONGER AND LEANER IN GENERAL, THESE THREE WORKOUTS WILL HELP YOU BUILD A BODY THAT CAN SWIM, RUN, AND RIDE FARTHER AND FASTER.

DIRECTIONS You have two options: Do all three workouts as one large triathlon workout, or simply add one workout to your normal routine. If you're trying to get stronger on the bike, for example, you could do the "ride" routine at the end of your ride or gym day. Whichever strategy you choose, follow each workout's specific directions.

RIDE

Start with the founder (2 reps). Next, do the barbell deadlifts (3 sets of 2 to 5 reps). Finish with the Zercher squat (3 sets of 3 to 10 reps). Change your weights and reps each workout.



FOUNDER

Stand tall with your hips back and knees slightly bent, and lower your torso to a 45-degree angle, maintaining a neutral spine and braced core. This is the starting position. Keep your arms straight as you raise them overhead. Hold the position for 10 to 15 seconds, then return to the start.



BARBELL DEADLIFT

Bend at your hips and knees and grab the bar overhand, your hands shoulder-width apart. With your back straight, brace your core, lock your upper back and lats, and drive your hips forward to stand up with the bar. Lower it safely by hinging at your hips and maintaining a neutral spine.



ZERCHER SQUAT

Standing with your feet shoulder-width apart, hold a barbell in the crooks of your elbows. (You can wrap the bar in a towel for comfort.) Keep the bar in close as you push your hips back, bend your knees, and squat until your thighs are about parallel with the floor. Push back up.

RUN

Start with 5 to 10 split squats, then do 5 to 10 bent-over rows and 10 to 20 kettlebell swings. Rest as needed. That's 1 circuit. Do 3, changing your weights and rep numbers each workout.



DUMBBELL BULGARIAN SPLIT SQUAT

Grab a pair of dumbbells and stand with your back a metre from a bench. Place the top of your left foot on the bench. This is the start. Bend your right leg and lower your body until your left knee is a few centimetres from the floor. Return to the start. Do all your reps and switch legs.



WIDE POSITION BENT-OVER ROW

Grab a barbell using an overhand grip that's about twice shoulder width. Keeping your back naturally arched, bend at your hips and knees, and lower your torso so it's almost parallel to the floor. Let the bar hang, then pull it towards your upper abs. Pause and slowly lower the bar.



KETTLEBELL SWING

Assume a quarter squat with your hips pushed back and spine aligned, and grab a kettlebell with both hands. Hike it between your legs. Now stand and swing the bell to chest level while extending your hips and contracting your glutes. That's 1 rep. Repeat the pattern, swinging back and forth.

YES, YOU CAN DO A TRIATHLON!

WHETHER IT'S YOUR FIRST RACE OR YOUR 50TH, THESE PROVEN TIPS AND TECHNIQUES WILL HELP YOU CONQUER ANY COURSE IN RECORD TIME.

F

Finding time to train for one sport is hard enough, so training for three must be impossible, right? Not if you do it right, says Bay Area triathlon coach Matt Dixon. In fact, tri training can be easier than your current routine. It can also protect you from injury, earn you big-time bragging rights, and get you in the best shape of your life.

The key to finishing your first triathlon, or doing better in your next one, is efficiency – not endlessly excruciating, soul-crushing, joint-smashing workout sessions. On this spread, we'll show you strategies for swimming, biking and running so you can hit the starting line with confidence... and the finish line faster than ever.



TEXT: JULIA BEESON POLLORENO ■ PHOTOS (MAIN): MASTERFILE ■ ILLUSTRATIONS: MIKE SUDAL, NILS NILSEN, KELVIN TRAUTMAN, ROBERT DALY & DANIELLE HAUPTMAN

THE SWIM

► You're probably terrified of navigating open water, drifting off course, or getting kicked in the face by another competitor. And those things might very well happen if you simply throw fitness at the event.

But the experts will tell you that a successful swim is mostly about technique, says Matt Fitzgerald, an endurance sports specialist. Once you know how to swim, you'll gain skill and confidence so you're better able to manage trouble.

Around two months before race day, start doing at least two swims a week, building up to at least 900m each. To prepare for the open-water freak-out many first-timers experience, log a few practice swims in the sea or lake.

Learn to "sight," looking up every 45m to 90m to make sure you're seeing the buoys that mark the course. As you swim, minimise drag with

proper body position and stroke mechanics. Here's how.

1/ GLIDE WITH YOUR HEAD DOWN

Positioning your body correctly begins with your head: Keep your noggin in line with your spine. If you raise or lower it, you'll create excess drag. Rookies feel an urge to peek where they're headed. Don't, except when you're sighting. Use the pool's lane line to stay straight.

2/ STRAIGHTEN OUT

Avoid lateral movement by keeping your head, shoulders, hips and feet in a straight line. As you swim, imagine being stretched from both your head and your feet.

3/ KEEP YOUR FEET CLOSE TOGETHER

Generate a compact kick using power from your hips, keeping your legs close together.

4/ STRETCH

As your lead hand enters the water, your arm should be nearly straight. According to a recent study on fluid dynamics, this is more efficient than "sculling," in which the arm is bent and traces an S curve while pushing water behind.

5/ TIME IT RIGHT

As one arm reaches full extension in front of you, wait to pull with that arm until the other arm is just about to spear into the water. If you

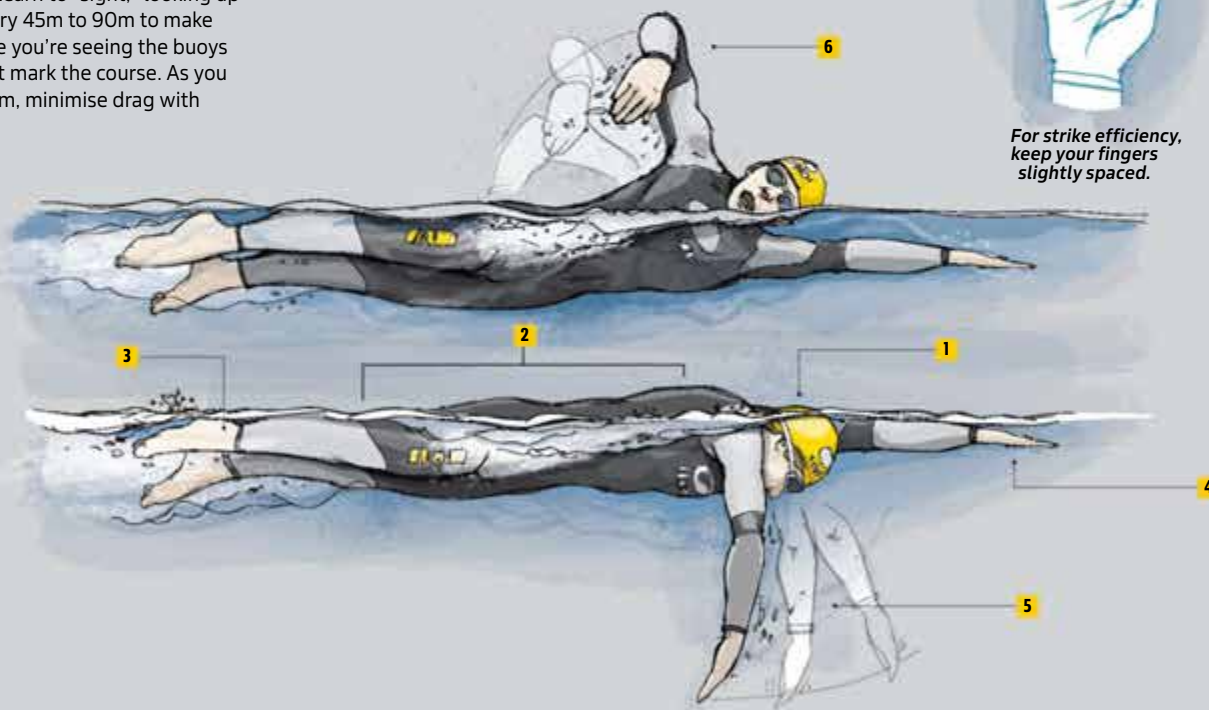
begin the pull before the other arm is ready to strike, your body will rotate prematurely, which kills your glide and slows forward propulsion.

6/ BECOME A FALLING LEAF

As you stroke through the water, your body should open as you pull your arm overhead, and then close when you stroke through. Try to visualise your body as a falling leaf or a snowboarder going up and down the sides of a half pipe.



For strike efficiency, keep your fingers slightly spaced.



DODGE THE STARTING-GUN MELEE

If you're not a strong swimmer, your coach will advise you to hang back at the start to escape the scrum of flailing arms and legs. Heed that advice. You'll only lose 20 to 30 seconds from your time, and you'll avoid injury. If your goggles get knocked off, simply tread water as you put them back on properly to prevent fogging and to ensure that you can see where you're going.

THE RIDE

► The biking leg is the tri's longest part, and also the part that depends most on good gear and feeling comfortable. Nail it and you can offset a poor swim leg and set yourself up for a personal record run.

So log time on the bike to hone your form, says Jimmy Riccitello, a coach and former champion triathlete. He suggests weekly spin classes as an intro to cycling. "There's an instructor, and the workouts are typically longer and more intense than what beginners would do on their own on the road," he says.

Riccitello and his new triathletes do longer weekend rides (two or more hours) at moderate effort to build endurance and get used to riding on the roads, ideally with other cyclists. Doing the same will familiarise you with the dynamics of riding with people around you – a comfort that will be valuable on race day.

1/ SEATPOST

When you're sitting in the saddle with your feet on the pedals, your knees should bend slightly. Sitting too high makes you inefficient; sitting

too low undermines your power and can eventually lead to knee pain.

2/ SEAT

Try as many saddles as you can to find one that's comfortable. A lot of men prefer a split-nose design for anatomical reasons. Remember, the cushioning comes from your bike shorts, not from the seat.

3/ AEROBARS

Make sure they're not too narrow – that creates tension in your neck and upper back, and can make you hold your

head too high, killing efficiency. The bars' pads should be set so your upper arm is about perpendicular to your torso when your back is straight.

4/ HANDLEBAR

Your handlebar or aerobars should not be so low that you don't have full range of motion in your hips at the top of the stroke, which kills power and efficiency.



PEDAL LIKE A PRO

■ **Downstroke** Push slightly forward, then hammer down. For maximum power, angle your ankle in whatever way it feels most natural.

■ **Upstroke** Unweight your rising leg so your other leg doesn't lose its pushing power.



RIDE THIS WAY

A weekly high-intensity ride builds fitness fast. Try these three workouts.

■ **7×2 minutes:** Seven all-out 2-minute intervals, each followed by 5 minutes of easy riding.
Total: 49 minutes

■ **10×2 minutes:** Ten 2-minute intervals consisting of 1 minute at

medium effort and 1 minute of hard pedalling, with 2 minutes of easy riding between them and at the end.
Total: 40 minutes

■ **3×12 minutes:** Three 12-minute

intervals, gradually ramping up the intensity with each one. The third one should be all-out! Take 5 minutes of easy recovery between them and at the end.

Total: 51 minutes

THE RUN

▶ A strong run is the most critical leg in the triathlon, according to a recent study published in *The Journal of Strength and Conditioning Research*. The researchers analysed individual split times and overall race results of top performing triathletes over a 26-year period and found that for the Olympic distance, the run is the greatest contributor to the final result.

"The best way to build running speed and endurance is to gradually increase the amount of time you spend running," says Fitzgerald. "Doing most of your running at low intensity will facilitate this process, but you can accelerate it by running at high intensity once a week."

Make sure your form is tight, which will help you go faster with less effort, and avoid injury. Above, learn how to cross the finish like a champ.

GRUN TALL

Slumping saps your efficiency. As you run, think about pushing the top of your head to the sky, which keeps your back straight and chest up.

FIND YOUR RHYTHM

Imagine the beat of a song that's at the pace you'd like to keep (ideally 120 beats per minute), and swing your arms rhythmically and compactly to the beat, your arms bent at the elbows. This helps you set a consistent tempo for your tired legs.

GAZE AHEAD

Looking 12m down the road helps your posture and boosts your mental outlook since it keeps you looking forward, not down.

STRIDE RIGHT

Your feet should land underneath your body or just out in front of it. This prevents you from over-striding or under-striding, both of which can slow you down.

MARCH

Each time you stride, slightly exaggerate picking your knee up. That helps you avoid shuffling, which often occurs when you're tired.

BUILD STEADY LEGS

Once you're off the bike and ready to pound the pavement, your legs will feel like pulp. To prepare for that wobbly feeling and sheer fatigue, triathletes do "brick" workouts. These consist of a long ride (say, 32km) followed by a short run (say, 1.6km). Do two or three brick workouts before each race. These post-ride runs will keep you from experiencing jelly legs come race day.





The Best Workout Recovery Tools Worth The Extra Money

FROM FOAM ROLLERS TO HEATING PADS, WE'VE GOT YOU COVERED.

T

The gym life isn't easy. When you're training hard, you're beating up your body. You're pushing muscles to their very limits, causing microtears in muscle fibres so they rebuild to be bigger and stronger. You're pushing your whole body to (and sometimes past) the point of exhaustion, so it grows accustomed to finding more difficult thresholds.

Keep battering your body that way, it eventually needs some serious TLC – and that means diving into the sometimes expensive world of advanced recovery. Sure, foam rolling and stretching are great, but if your wallet can handle it, it's worth checking out several other recovery tools.

If you're routinely benching big weights, box jumping to new heights and logging a gaggle of running mileage, your shoulders and knees will thank you for the extra love. Here are the recovery tools that we love.

MARC PRO PLUS

Once upon a time, electrical stimulation for muscles was available only from your doctor or physical therapist, but in recent years, more and more electrostim devices are being made available to the general public.

One of the most powerful versions: the Marc Pro Plus, which is perfect for use a few hours after your workout. The Marc Pro kit comes with a powerful electrostim machine with a battery that just never seems to die, as well as nodes to attach to your body and all the wires you could possibly need.

Use it for 20 to 30 minutes after heavy training sessions, stimulating blood flow to targeted areas. The more blood flow your muscles have, the more nutrients they have, and the more nutrients they have, the more swiftly they'll heal.

► **US\$950 (\$1,297)**

www.amazon.com/gp/product/B016Y86P3W



HYPERICE VENOM

The classic heating pad gets a serious tech-infused upgrade. Anyone with lower back tightness will appreciate the Venom, a unique belt that blends both heat and vibration.

Sure, it looks like something a Power Ranger might wear, but strap it around your waist, and a constant wave of heat helps loosen and soothe tight muscles, while four powerful vibration coils massage at the pain. Don it before workouts to help get loose, or several hours after a tough session.

► **US\$249 (\$340)**

www.amazon.com/gp/product/B073BJXCRQ/



HYPERICE VYPER 2.0

You've seen foam rollers before, but never one like this. The Vyper 2.0 builds on the ideas from Hyperice's original vibrating foam roller concept, but this device is a little bit sleeker and a lot more potent. The rechargeable battery offers up to two hours of foam rolling, and you can choose from four settings of vibration intensity.

Work off the lower two settings, but instead of rolling up and down (as most people do), find a sore, tight spot, stay there, don't roll, and force the muscle to move instead. (Best example: Lie on your foam roller as if rolling out your IT band, find the tightest spot, stay there, and bend your knee back and forth). Watch as the vibrations loosen your muscle.

► **US\$199 (\$272)**

www.sourceortho.net/vyper-2-0-recovery-roller-new/



THERAGUN G2PRO

The second-generation Theragun still looks like a power drill (although a little less so). It's still also the most convenient soft-tissue self-massage device you can find, capable of showing near-instant results when used to loosen your hamstrings, upper chest or IT bands.

Use it 10 to 15 minutes before your workouts if you're dealing with tightness that is affecting your posture and might lead you to perform exercises incorrectly. Use it a half hour or so after workouts to relax any muscles that are extra-tight when you're done.

► US\$599 (\$818)

www.theragun.com/products/g2pro



TRIGGERPOINT VIBE

This is the slimmest vibrating foam roller you'll ever find. The Vibe lacks the room-shaking power of the Vyper 2.0, but it compensates with a sleek, 0.97kg form factor that makes it easy to pack into your overnight suitcase. You can travel with the Vibe easily, and its 33Hz vibration setting is more than enough for quick foam-rolling sessions. Use the Vibe whenever you can find 10 minutes during work road trips, even if you're not working out, attacking the areas that shorten when you sit (think hip flexors and upper chest).

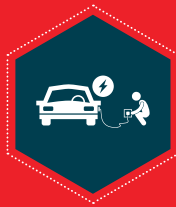
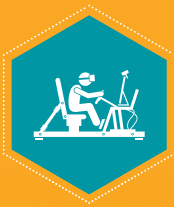
► US\$99 (\$135)

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TEXT BILL HARTMAN PHOTO (MAIN) JEFF

U

Unless you are training your patience, most stretching is a waste of time. After all, when you review the research, it's clear that the most widely held principles of flexibility training simply don't work.

Worse, follow those age-old rules closely, and studies show that you'll actually be more likely to suffer a pulled muscle than if you hadn't stretched at all.

So forget everything you know about stretching. Then memorise the new rules that follow. The benefit? You'll reduce your risk of injuries, improve your overall athleticism, and have an easier time tying your shoes.

First, a couple of definitions. There are two major types of stretching: static and dynamic.

STATIC STRETCHING

You're probably more familiar with the former. For instance, a static stretch for your hamstrings is what you think it is – a movement in which you lean forward until you feel a slight discomfort in the target muscle, then stretch the muscle by holding that position for a few seconds.

Although it's often prescribed as an injury-prevention measure, static stretching before a workout might be the worst of all strategies. Because it forces the target muscle to relax, it temporarily makes it weaker. As a result, a strength imbalance can occur between opposing muscle groups.

Static stretching also reduces blood flow to your muscles and decreases the activity of your central nervous system – meaning it inhibits your brain's ability to communicate with your muscles, which limits your capacity to generate force.

The bottom line: Never perform static stretching before you work out or play sports.

Now, before you abandon static stretching for good, realise that it does have value. That's because improving your "passive" flexibility through static stretches is beneficial in the nonathletic endeavours of everyday life – such as bending, kneeling and squatting. All you have to know is the right stretch for the right time.

THE RULES OF STATIC STRETCHING

► **When:** Any time of day, except before a workout

► **Why:** To improve general flexibility

► **How:** Apply these guidelines: Stretch twice daily. Any less frequently and you won't maintain your gains in flexibility – which is why most flexibility plans don't work. Twice a day may seem like a lot, but each "session" will require as little as four minutes of your time. Also, there's no need to "warm" your muscles before stretching. That's a myth.

Keep in mind that duration matters. You can increase passive flexibility with a static stretch that's held for as little as five seconds, but you get optimal gains by holding it between 15 and 30 seconds, the point of diminishing returns.

Finally, do just one stretch for each tight muscle. Because most of the improvements in flexibility are made on the first stretch, repeating the same movement provides little benefit.

► **What:** Use these movements to stretch your entire body. Do as shown and, for all but number 2, switch sides and repeat the stretch with the opposite arm or leg.

UPPER TRAPEZIUS

Place your left hand on your head as shown and position your right arm behind your back. Gently pull your head towards your shoulder.



LATISSIMUS DORSI

Position your body as shown, then push your arms into the Swiss ball and your chest towards the floor.



CALVES

Position your body in front of a wall as shown and lean forward to stretch.



QUADRICEPS

Position your body as shown and push your hips forward while keeping your torso upright.



PECTORALS

Place your arm against a door frame or wall as shown, then move your shoulder forward.



HAMSTRINGS

Place your foot on a sturdy box or bench as shown, then lean forward from the hips until you feel a stretch.

DYNAMIC STRETCHING

This is the opposite of a static stretch. In this version, you quickly move a muscle in and out of a stretched position. Example: A body-weight lunge

is a dynamic stretch for your quadriceps and hips.

Here's why the difference matters: Improvements in flexibility are specific to your body position and speed of movement. So if you do only static stretching – as most guys are advised – you'll primarily boost your flexibility in that exact posture while moving at a slow speed, and has limited carryover to the flexibility you need in sports and weight training, which require your muscles to stretch at fast speeds in various body positions.

That's why such stretching is a necessary component of any programme: It improves your "active" flexibility, the kind you need in every type of athletic endeavour.

This stretching also excites your central nervous system, and increases blood flow, and strength and power production. So it's the ideal warm-up for any activity. And when you regularly perform both dynamic and static stretches, some of the flexibility improvements from one will transfer to the other.

THE RULES OF DYNAMIC STRETCHING

► **When:** As a warm-up before any type of workout or sport

► **Why:** To improve performance and reduce injury risk

► **How:** Perform five to eight body-weight exercises or calisthenics at a slow tempo and in a comfortable range of motion. Increase your range and speed with each repetition until you're performing the movement quickly from start to finish. Do one set of 10 repetitions of each exercise, one after the other.

► **What:** Try this sample routine of movements that are probably already familiar to you: jumping jacks, arm circles, trunk rotations, front lunges, side lunges, high knees and body-weight squats.

BEST MESSAGES POST-WORKOUT

LOOKING TO RELIEVE YOUR SORE MUSCLES?
HERE ARE OUR TOP THREE PICKS.

Your Doms setting in after an extra gruelling HIIT session over the weekend? Worked too much and experiencing that annoying back and shoulder ache that won't go away, despite the amount of medicated oil and Tiger Balm plasters?

If you said yes to the above, then it's time take a leaf out of the missus' book and get yourself an appointment for these tried-and-tested body massages. Under the masseurs' hands and techniques, you can feel all your stress and tension melt away.

■ TEXT: NICHOLAS WOO ■ PHOTOS: FULLERTON HOTEL, SHANGRI-LA HOTEL & RITZ-CARLTON MILENIA HOTEL



1

**ASIAN HERITAGE
SIGNATURE MASSAGE
(\$240 FOR 90 MINUTES)**
*The Fullerton Spa, 1M The
Fullerton Hotel Singapore
(6877-8182/8183)*

Its signature massage begins with a relaxing scalp massage that melts your stress away immediately. I could feel the headache caused by work vanish under the therapist's deft hands and techniques. This was followed by a deep-tissue and full-body massage, which is based on traditional Chinese soothing practices. As the petite therapist pounded away on my back with the strength of someone twice her size, I could feel all the tension in my muscles going under her fists. The 90-minute session left my skin looking refreshed, and I left feeling relaxed, the kinks and tension in my muscles all gone. A bonus feature of the massage? You get to delight your senses further with complimentary access to the hotel's wellness amenities, including the sauna, steam room and the 25m outdoor infinity pool.

2

**HEALING HIMALAYAN HOT
SALT STONE MASSAGE
(\$235 FOR 60 MINUTES)**
*Chi The Spa, 1/F Shangri-la
Hotel Singapore
(6213-4818)*

You're no stranger to hot stone massages, but what about hot salt stone therapy? Having a sore back that wouldn't go away for days, I went for the treatment at Chi The Spa, hoping for some much needed relief. When the stones were placed at the sorest parts of my back, I could almost feel the minerals and salts being absorbed into my skin and neutralising the toxins that were causing my sore back. And because of the alkaline nature of the stones, the therapist explained, the acidity in my body is also reduced. And as a bonus, the stones also play an aesthetic part as well: They can exfoliate your skin lightly, and help to reduce and release adhesions on a fascia level. If you're worried about the hot stones scalding your skin, don't fret. Here, the temperature of the salt stones remained consistently warm, and were never cold at any point in time.

3

**BAMBOO MASSAGE
(\$280 FOR 90 MINUTES)**
*The Ritz-Carlton Spa,
1/F The Ritz-Carlton
Millenia Hotel Singapore
(6434-5203)*

This is a massage unlike any other: The highlight is the use of bamboo sticks, which is said to aid in stretching, joint mobility and improving joint flexibility. Having a serious case of Doms after a particularly sadistic weekend dragon-boat training, I was looking forward to the massage. My inner sceptic was silenced under the therapist's skilled hands and techniques. For 90 minutes, I could feel the tightness in the muscles in my biceps, arms and calves go away as she rolled, pressed and rubbed the sticks on my body, alleviating all the sore spots, especially on my calves and arms. I left the spa feeling rejuvenated, my muscles all loosened. Bonus: On weekdays, spa guests get to enjoy complimentary access to the hotel's wellness amenities, including its swimming pool and gym facilities.



SHORE UP YOUR SHOULDERS

MANY LIFTERS END UP WITH SORE SHOULDERS. HERE'S HOW TO END THE PAIN IF YOU HAVE IT, AND AVOID IT IN THE FUTURE.

S

Shoulder injuries don't discriminate. They account for up to 36 percent of all major weight-room injuries (that is, the ones severe enough to require medical attention), and they target big and small guys equally.

Prof Morey Kolber was one of those casualties. "I separated one shoulder and partially tore the rotator cuff on the other when I was lifting in school," he says.

Prof Kolber needed three months of physical therapy to get his shoulder back into working order. His therapist's advice moving forward was simple: Use lighter weights. But even though Prof Kolber followed that wisdom

carefully, within a couple of years, he had seriously injured his shoulder again.

You may never be carted out of the gym with a blown shoulder the way Prof Kolber was. But if you're an average guy with a natural tendency to test your max bench or see just how much weight you can press overhead, chances are you have experienced shoulder pain at some point in your life.

That pain is a sign you're doing something wrong, and larger problems could be looming. If the joint finally fails, with it goes the ability to do everyday tasks and activities you love. Everything from typing on a keyboard to sleeping through the night can become painful and challenging.

In fact, more than 80 percent of people with shoulder pain report trouble sleeping. You can also say goodbye to your

favourite pastimes, like playing basketball or even fishing.

So take action and read on for four ways to protect this crucial joint.

STOP DOING THESE EXERCISES

Part of Prof Kolber's problem was that he received bad advice from both his physical therapist and his training partners. "The things I was told were good for my shoulders, I now realise were not," he says.

Currently, he teaches at Nova Southeastern University, and began studying shoulder pain in lifters in 2004. Almost immediately, he found a strong link between shoulder pain and moves done with arms in the "high five" position, like the behind-the-neck pulldown and shoulder press - body-building staples.

"These were exercises I did day

in and day out," he says. Rather than strengthening his shoulders, the moves were making the joints unstable by stretching the tissues tasked with protecting them.

Next, he looked at what happens to those unstable joints. Impingement is something that occurs when your rotator cuff - the four muscles that hold your ball-and-socket shoulder joint together - is pinched within the tight space where it's attached.

The condition, caused by inflammation, can lead to chronic pain. Lifters who did upright rows and lateral raises with their elbows above their shoulders were most likely to have impingement.

Sore-shouldered lifters typically blame the bench press. It might be a perpetrator, but Prof Kolber found proving that connection impossible.

"Some 95 percent of people I study do the bench press," he

says. "Determining whether it's a culprit is hard when everyone does it." Your best bet is to correct your form to minimise your risk.

FOCUS ON YOUR FORM

The most surprising result of Prof Kolber's 12 years of research turned age-old advice on its head: The weight of the load actually doesn't seem to matter.

"People with good form who lift heavy don't have a higher injury risk," he says. "They're told: 'If it hurts, use less weight and do more reps.' But it's not the weight. It's muscle imbalance and poor movement patterns that cause damage."

In fact, he says, doing a lot of reps with bad form on any

shoulder exercise is a terrible idea, no matter how light the weights are. It's far better to do fewer reps with heavier weights while maintaining perfect form – that is, unless you're doing those "high five" exercises. Then you're screwed no matter how good your form is.

STRENGTHEN YOUR TRAPS

Prof Kolber discovered two big differences between lifters with shoulder pain and those without: The pain-free lifters were more likely to do external-rotation strengthening exercises. These moves target your external rotators, small muscles at the back of your shoulders that help stabilise your shoulder joint, balancing your deltoids

and reducing your risk of impingement.

Also, in their upper back, their lower trapezius muscles were stronger relative to their upper traps. Your lower traps are easy to strengthen: Just consciously pull your shoulder blades down and together. That alone increases lower-trap activation by 13 percent, he says.

Do that before each rep on lat pulldowns and pull-up variations, and they'll be better able to protect your shoulders.

DON'T SLEEP ON YOUR SORE SIDE

Your sleeping position has a big impact on how quickly you recover, and may even affect your future injury risk,

says Prof Kolber.

If you do have pain or an injury, try to avoid sleeping on the hurt side with your head resting on your arm. Doing that can cut off blood flow to your injury, which in turn slows down the repair process.

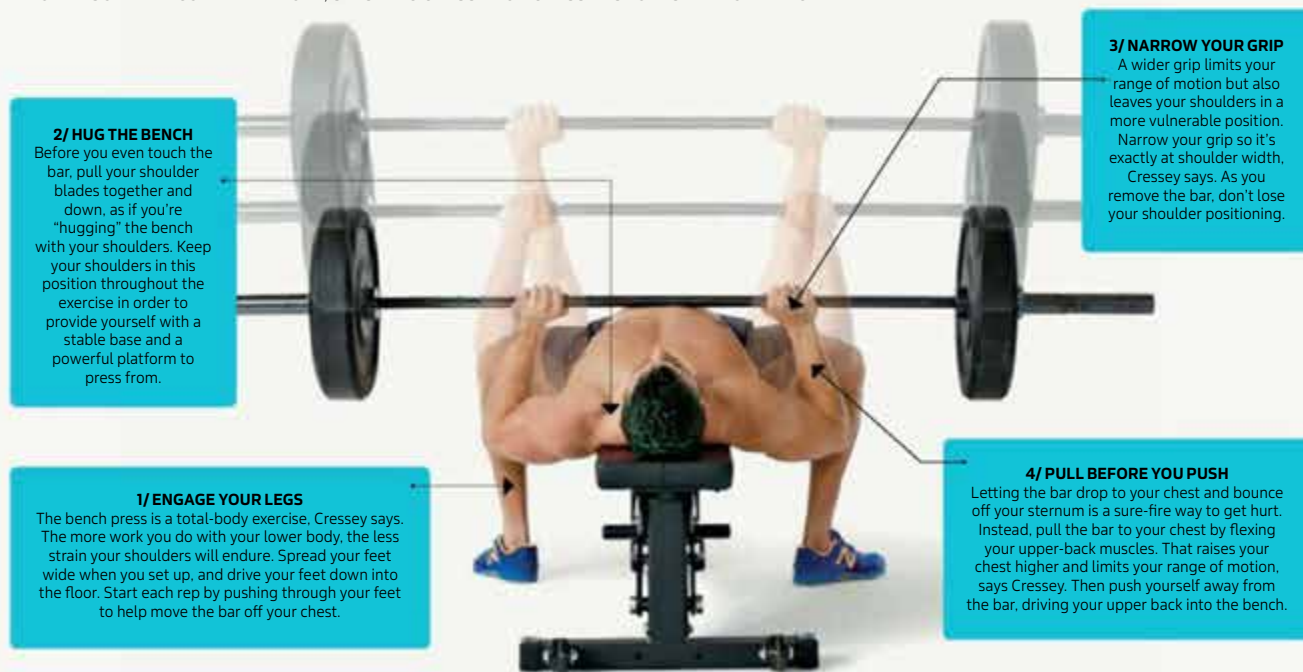
But even if you don't have pain, cutting off blood flow to one shoulder every single night can make the joint more prone to injury.

Here's his recommendation: If you're feeling pain, sleep on the unaffected side with your arms out in front of you or hugging a pillow. This position facilitates blood flow.

Pain-free? Sleep in that same position but alternate sides nightly.

THE SHOULDER-SAVING BENCH PRESS

TALK TO A LIFTER WITH SHOULDER DISCOMFORT AND HE'LL LIKELY BLAME THE BARBELL BENCH PRESS. WITH FOUR SIMPLE CHANGES TO YOUR FORM, YOU'LL SPARE YOUR SHOULDERS AND PUSH YOUR LIFTS INTO PERSONAL RECORD TERRITORY, SAYS ERIC CRESSEY OF CRESSEY SPORTS PERFORMANCE.



Smooth Operators

DON'T COMPROMISE ON YOUR COMFORT WHEN YOU POUND THE PAVEMENT WITH THESE SHOES.



1

1
ASICS GEL-NIMBUS 20
\$259, available at Asics retail stores



2

2
UNDER ARMOUR UA CHARGED BANDIT 3
\$179, available at Under Armour brand houses



3

3
NEW BALANCE FRESHFOAM CRUZ
\$149, available at The North Face stores islandwide

This shoe is the perfect no-frills performance tool for the serious runner. A new upper is designed into the footwear, and together with the company's Gradient Mesh technology, provides runners with more room in the toe area, in addition to providing additional support through the midfoot. What this means is the fluidity will adapt to your foot's size, and a strategic overlay wraps and supports it throughout your run. The midsole is made from the shoemaker's Flytefoam and Spevafoam material, which gives you a more cushioned ride, all in a lightweight packaging.

Clocking all the mileage for your marathon training will be a breeze with the official running shoe for the Singapore Marathon 2017. Redesigned with a fresh new look, the Charged Bandit 3 promises to give you great fit, comfort and performance. An important feature, which your foot will thank you for, is the threadbone upper and external heel counter. It helps to stabilise the foot upon impact, something that is especially important while you are pounding the pavement. Also, the fact that the tread has a fully charged midsole makes each of your strides smoother, softer and more responsive than the previous ones.

Here's an option if you're looking for something that is both stylish and lightweight. Made with the company's Fresh Foam cushioning technology, you get to enjoy the shoe's soft cushioning and smooth heel-to-toe transition no matter if you're running on track or pavement. Wearers can also look forward to improved support for their foot with the shoe's technically engineered upper and synthetic midfoot saddle, which provides additional protection. And there's no need to worry about running into puddles, as the footwear comes with a protective, water-resistant mesh. Say goodbye to soggy socks!

Men'sHealth

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ISSUE IS ALSO AVAILABLE FOR DOWNLOAD ON
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ENTER A PARALLETTE UNIVERSE

HIT A COUPLE OF BARS TO BURN MORE FAT, BUILD STRONGER MUSCLE AND MOVE WITH MORE GRACE.

K

Kilogram for kilogram, gymnasts are among the strongest men on the planet. Just think of a move like the Iron Cross, where an athlete hangs in mid-air, arms outstretched, supported only by his hands.

One of the training essentials is a piece of basic equipment you can use at home: parallettes. "They're simple but open up an infinite world of body-weight exercises," says Dave Durante, a former Olympic gymnast. "Use them to muscle up, forge functional strength and practice movement control."

MAKE IT A WORKOUT

Select three or four of the exercises shown on this page and perform each move for 10 to 20 seconds, resting 90 seconds afterwards. That's 1 round. Do 3.

1

TUCK HOLD

■ Support your weight on your hands and keep your arms straight as you hold your thighs angled up from the floor.



2

TUCK TO ONE-LEG EXTENSION

■ From a tuck hold, straighten your left leg. Pause and return it to the starting position. Repeat with your right leg.



3

TUCK TO L-SIT

■ From a tuck hold, straighten both legs simultaneously.



4

PRESS HIP RAISE

■ From a tuck hold, raise your hips so they're in line with your shoulders, keeping your arms straight. Pause and return to the tuck hold.



■ PHOTOS BEN GOLDSTEIN



5

TUCK SHOOT-THROUGH

■ Place a hand on each bar and assume a push-up position, your weight on the bars. Press your upper back up towards the ceiling, creating an arch in your upper back. Now kick your legs between the bars. You want your body to end up at the same angle as the push-up position, except your chest is facing up (as in a reverse push-up position). Push your chest up to the ceiling, creating an arch from your shoulders to your feet. Reverse and repeat.



6

MALTESE PUSH-UP

■ Position the bars into a V formation. Assume a push-up position, your upper back arched. Do a push up, shifting your body forward at the bottom. Reverse and repeat.



7

SINGLE STRADDLE

■ Straddle a parallelette - bar between your legs, arms holding your weight. Hold that position and alternate straightening one leg at a time.



8

WALL-ASSISTED SHOULDER STAND

■ Place the parallelles 45cm to 60cm from a wall. Assume the press hip raise position (#4), except with your feet on the wall. Slowly slide your right leg up the wall, keeping your weight towards the wall. Reverse the move. Now slowly slide your left leg up the wall.

BAR RULES

GAIN MORE STRENGTH, MAKE FASTER PROGRESS AND AVOID FACE PLANTS BY FOLLOWING THESE FIVE RULES.

1/STAY TIGHT

No matter which move you're executing, be conscious of what every muscle in your body is doing, says Durante. The goal is to have your whole body react as one continuous piece with no dead weight.

2/HOLD IT

People want to go right into flashy, dynamic movements, says Durante. "But to gain strength for those, you need to master the holds, which are the foundation of movements," he says. Practise holds like tucks, L-sits and wall-assisted handstands.

3/MASTER TWO POSITIONS

The hollow and arch positions (seen in #5, the tuck shoot-through sequence) are key in body-weight training. "They reinforce correct muscle group engagement for maximum strength," says Durante.

4/BE INVENTIVE

The beauty of parallelles is their versatility. "Get creative. Try your own moves and holds," Durante suggests. For a longer workout, you can even mix in some classic moves like push-ups and squats.

5/GEAR UP

Durante has trained on every kind of parallelle out there. "The Rogue brand makes my favourites," he says. "They're sturdy and durable and also high enough off the floor for beginners to practise key movements on."

THE DAD WHO DID IT FOR HIS KIDS

FOR HENRY LOW, LOSING WEIGHT WAS MORE THAN JUST GETTING RID OF HIS BELLY. IT WAS ABOUT BUILDING BONDS WITH HIS CHILDREN AND FAMILY MEMBERS AS WELL.





Being unhealthy wasn't a natural thing for the younger Henry: based in Europe previously for his MBA and work, he was leading an active lifestyle then.

He worked out regularly, and even took part in triathlons annually. After his relocation back to Singapore and welcoming two kids into the family, it was when his lifestyle took a 180-degree change.

The fact that he and his wife are foodies didn't help matters, and his sedentary lifestyle was further amplified when his family would go on road trips, making sure that the car was fully stocked with snacks – M&Ms especially.

THE WAKE-UP CALL

For Henry, there wasn't any particular event or moment that stood out for him which made him start to lose weight. Rather it was an accumulation of many small things like body aches, pains and a growing reluctance to take family photos that when combined together, made him realise that something had to be done.

The catalyst that pushed him was the ritual of his children wanting a jump hug from him every time he came home from work. "My back would hurt when my elder son wanted to jump on me and I had to catch him. And it wouldn't be fair to the younger one if I didn't catch him when I did so for the elder one," he said.

THE PLAN

Initially, Henry took things into his own hands. He read online on tips to lose weight, and restarted his old fitness regime – running – which didn't go well.

It was then that he realised he needed to get external help. The thought of weight loss surgery did cross his mind, but there were risks involved, and he believed he could do it without surgery.

His wife had suggested trying out personal training. He finally decided on Ultimate Performance (www.upfitness.com.sg) based on a single factor: Many of the clients at the gym were everyday people. "The results," he said, "were simply amazing."

FOOD

The initial weeks were tough. Henry's diet underwent a total change from all the desserts and foods. It came down to this: no fruits, no sugar and no carbohydrates, as set by his assigned personal trainer, Mark. "The first 10 days were tough," he recalled. "I would feel hungry every day."

To cope, he ate smaller meals throughout the day, snacked on healthy nuts, drank water, and added more healthy foods to his diet. His family, too, helped: During meals, there would be the normal family foods, and then there would be "Henry's meal," as he termed it.



At work, he would choose which social gathering to attend, and for those that he did attend, he would pick options that would suit his dietary restrictions.

Even till today, he is proud to say that he is still following the dietary plan that Mark had set for him. "My body has adapted accordingly to the diet. But once in a while, I will still indulge in a nice dessert. But not the full portion," he said with a laugh.

FITNESS

He is still undergoing the fitness training programme that Mark had set for him initially. And when asked about what kept him going throughout, he revealed it was "a certain relief" that he was in someone's capable hands, which was "a mental relaxation" for him. "After all," he said, "I know that someone who knows the best for my body is there for me, guiding me every step of the way."

It wasn't a bed of roses – his personalised and progressive fitness programme incorporated a lot of bench presses, leg curls, push-ups and sit-ups, or even "the Prowler," where he had to manhandle a three-pronged metal contraption down a 25m track multiple times. But never once did the thought of giving up cross his mind.

THE REWARD

For Henry, there were consistent results physically. The first four months into the journey, he felt that his clothes were getting looser, he looked fresher, and the best thing: He had to switch his wardrobe a couple of times entirely, because he couldn't fit into his clothes.

"It can be done," he advised. "Your commitment must be there. You must really, really want it."

RUN YOUR BEST 5K

IT'S MARATHON SEASON, SO EVERY GUY WILL BE OUT SLOGGING A 5K. CUT YOUR 30-MINUTE TIME TO UNDER 24 WITH THIS PLAN FROM RUNNING COACH GREG MCMILLAN.

BEFORE YOU START

Find a watch with a lap button. Run 20 to 40 minutes, 3 or 4 days a week, for 2 weeks. Complete at least one 45-minute run at your own pace with relative ease. That means no walking or whining.



WHY THIS PLAN WORKS

Yes, it's a tough programme – you're teaching your body to outwit your mind. Researchers suggest that your brain can act as a brake by anticipating damage to your body and slowing you down before you've reached your potential.

To get faster, you need to override this wiring, McMillan says. That means pushing through discomfort, which may help you go harder. Mid-race, kilometre 2.4 to 4 is critical. "Know that if you can just keep your pace on target through this section of the race, you will achieve your goal."

WEEK 1

MONDAY

Rest or cross-train

TUESDAY

Cross-train or 40–60min easy run

WEDNESDAY

Rest, cross-train, or 30–45min easy run

THURSDAY

400m, 8 to 12 times, at 7:45 pace (200m jog between each)

FRIDAY

Rest, cross-train, or 30–45min easy run

SATURDAY

30–45min easy run

SUNDAY

1 mile (1.6km) at 7:45 pace; push harder the last 200–400m

WEEK 2

MONDAY

Rest or cross-train

TUESDAY

100m, 8 to 10 times, at 7:30 pace (100m jog between each)

WEDNESDAY

Rest, cross-train, or 30–45min easy run

THURSDAY

800m, 4 to 6 times, at 7:45 pace (400m jog between each)

FRIDAY

Rest, cross-train, or 30–45min easy run

SATURDAY

30–45min easy run

SUNDAY

1 mile as fast as you can

WEEK 3

MONDAY

Rest or cross-train

TUESDAY

Cross-train or 40–60min easy run

WEDNESDAY

Rest, cross-train, or 30–45min easy run

THURSDAY

Three 1-mile runs at 7:45 pace (400m jog between each)

FRIDAY

Rest, cross-train, or 30–45min easy run

SATURDAY

30–45min easy run

SUNDAY

1.5 to 2 miles at 7:45 pace; push harder the last 200–400m

WEEK 4

MONDAY

Rest or cross-train

TUESDAY

100m, 6 to 8 times, at 7:30 pace (100m jog between each)

WEDNESDAY

Rest, cross-train, or 15–20min easy run

THURSDAY

400m, 4 to 6 times, at 7:45 pace (200m jog between each)

FRIDAY

Rest, cross-train, or 15–20min easy run

SATURDAY

15–20min easy run

SUNDAY

Race day!

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WHEEL OF FORTUNE

PIZZA MIGHT SEEM AN UNLIKELY ALLY WHETHER YOU'RE LOOKING TO SLIM DOWN OR PACK ON SIZE, BUT IF YOU'RE WILLING TO DEVIATE FROM THE NEAPOLITAN FORMULA A LITTLE, YOU HAVE THE BASE FOR SOME SERIOUS GAINS.

MUSCLE KNEADS

TOP UP ON PROTEIN FOR A DINNER TO GROW

A decent slice of Italian doesn't have to be boxed in on cheat day – at least not if you banish Signor Domino from your contacts. In fact, with a few smart tweaks, pizza can become your perfect post-weights-room muscle meal. This pan-cooked version packs a protein triple-threat with chicken, mozzarella and eggs providing 64g of the stuff in just one man-sized serving.

Meanwhile, the oats in the re-imagined dough base will steadily replenish glycogen levels in your muscles, while the manganese they contain will also ensure your frame can hold all that new, lean mass – the mineral is crucial for bone health.

The spinach isn't there just to make it look pretty either. Lab tests carried out at Rutgers University showed that it sped up the body's conversion of protein into muscle mass.

So think of this as your regular, blow-out meat feast, just minus the guilt and the shirt stains.

INGREDIENTS

- Eggs, 4 whites, 1 whole
- Gluten-free oats, 120g
- Coconut flour, 1 tbsp
- Tomato puree, 20g

BULK-UP EXTRAS

- Mozzarella, 50g
- Chicken (cooked), 50g
- Red onion, ½
- Spinach, handful

109G

CARBOHYDRATE

64.2G

PROTEIN

30G

FAT

892

CALORIES

BULK UP

METHOD



1/ BLEND WITH BENEFITS

Put a non-stick pan on the stove with some coconut oil. While that's heating up, take your egg whites, oats and coconut flour, and chuck them all in the blender to create a smooth batter. This would also be a good time to show your flair for multitasking by starting to fry an egg on the side.



2/ ADD A WARM LAYER

Pour the mixture into the pan and spread it out evenly. By now, the pan should be hellishly hot, but you don't want to carbonise your base, so turn down the heat once the batter has been added.



3/ TOP UP THE GAINS

When you see bubbles appearing on the surface of the base, flip your pizza base like a pancake and make sure it's cooked evenly on both sides. Then take it off the heat and add the tomato puree, followed by the mozzarella, chicken, red onion, spinach and that fried egg you started cooking earlier.



4/ INTO THE INFERNO

Fire up the grill setting on your oven, then slide the pizza in to finish it off and melt the cheese. A couple of minutes should be all that remains between you and a pizza that's more likely to add inches to your chest than your waist.



1

**ADIDAS
CLIMALITE
VERSATILE
GLOVES**

→ \$29, www.shop.adidas.com.sg

Made from moisture-absorbent Climalite fabric, this pair will be your best weapons of choice at the gym, be it when you're deadlifting a personal best weight or punching imaginary enemies (maybe your boss!) during body-combat and kickboxing classes.

The sweat-absorbent thumb padding and soft suede lining on the inner hand allow you to punch faster and lift more without losing grip because of your sweat, and the hook-and-loop flap at the wrist allows you easy removal. Hii-yah!

Eliminate Your Inner Sloth

STARVE YOUR DISTRACTIONS
AND FEED YOUR FOCUS WITH THESE
HOT PICKS.



3

**UNDER
ARMOUR
TRANCE
SACKPACK**

→ \$55,
www.underarmour.com.sg/en-sg

2

SAMSUNG GEAR ICONX CORDLESS EARPHONES

→ \$198,
www.samsung.com/sg/wearables



We all hate it when we must wear different accessories that have separate functions: one to

measure your heartbeat, another to measure something else. This pair of earphones aims to kill two birds with one stone. Not only can it stream your favourite music while you work out, the earbuds also have in-built heart rate monitors that can sense when you've placed them into your ears and power on to pair or reconnect with your device. It sounds creepy but, trust us, it's cooler than that.



Lightweight, convenient, comfortable and not too big or small - in a nutshell, that is the sackpack. A miniature version of a backpack, it is your best companion when you're headed to the gym but don't wish to bring along a big bag. The padded foam back panel means you will feel comfortable carrying it to and from your workout, and your valuables will be safe from any damage, thanks to the soft lining inside the internal pocket. And you can even bring it out for night-time jogs - the sackpack's exterior is made with reflective material, which will enhance your visibility during dawn and dusk runs.

ASICS Featuring the brand's latest midsole technology, the **FuzeX** is a versatile running model that provides optimal cushioning with a contemporary appeal. Runners will be quick to appreciate the proprietary presence of the FuzeGel – a fusion of gel property and foam – for the ultimate rear-foot shock absorption that transfers to the forefoot during take-off. This helps to deliver a responsive ride with full ground contact, contributing to a more exciting running experience. **\$179, available at Asics stores islandwide and selected sporting goods retailers.**



TISSOT The **T-Touch Expert Solar II** now comes with new colours: military green and navy blue. The former appeals to adventurers on land, with a compass rose on the top half of the dial to guide them. The latter model – with its double baton indices on the dotted background, lines on the top centre of the dial and the minute indicator in-between – caters more for seafaring adventures. And there's no need to worry about losing power: The watch has a built-in solar panel that will recharge the battery with both sunlight as well as artificial light. They aren't all too shabby either. Possessing features like altimeters, and absolute and relative air pressure monitors for higher ground pursuits, as well as regatta functions and azimuths for sea navigation, each proves to be a worthy companion to all of your adventures. **\$1,480 (navy blue) or \$1,570 (military green). Available at Tissot boutiques.**

AMARIS B CLINIC Hair loss is unfortunately a predicament that many people have to deal with, especially men. By the time he reaches 35, there is a high probability that a man will experience noticeable hair loss. Thankfully, there is an array of hair restoration treatments, such as **Follicular Unit Extraction hair transplants**, available at Amaris B Clinic. Its doctors will assess and identify the cause of your hair loss or thinning, and then advise on the best treatment solution for your condition, thus giving you the crowning glory you deserve. **For more information, call the clinic at 6536-4211, or visit the clinic at 140 Arab Street.**



HYPOXI This is the most targeted method worldwide to achieve a beautiful body: It is three times more effective at burning stubborn fat deposits than conventional weight loss, while simultaneously improving the appearance of cellulite. In Hypoxi Singapore's flagship branch (and the only one in the country) at Breadtalk IHQ, you can be reassured that you're under the good hands of its professional coaches to achieve the results you desire. The clinic prides itself on its distinctive concept of using the most advanced 3D Body Scanner with Hypoxi tailored and specific treatments of combining low-impact exercise and healthy nutrition advice, and caters to all groups of people, ranging from athletes, brides and grooms, to mums after pregnancy. **For more information, call 6443-0500, or visit it at #02-14 Breadtalk IHQ.**





CITY CHAIN

The new **Interlude Summer Collection by Solvil et Titus** marks the watchmaker's entry into the realm of horological minimalism. The exquisite collection of timepieces pays homage to classic simplicity through their elegant deployment clasps, and offers a beautiful interpretation of modern style and timeless performance. The timepieces, available in three colourways with an elegant deployment clasp, are encased in 316L stainless steel, and further protected with hardened mineral glass to resist breakage. **For more information, visit www.citychain.com.**

THE CLIFFORD CLINIC

With over 15 years of experience in aesthetic medicine, its doctors understand your concerns when it comes to aesthetic service, and provide a large variety of beauty treatments for your hair, body and even eyes. Delivering natural looking results with minimal downtime is what they strive towards. They don't compromise on quality either. Using only the latest state-of-the-art equipment together with the best quality skincare products, while still maintaining competitive prices, they were born to fulfil the needs and expectations of their patients. **For more info, call 6532-2400, or visit #01-03 Clifford Centre.**



THE NORTH FACE

This sporty, mid-cut variant of the modern and lightweight Thermoball boot is perfect for your winter travels. It features the radical Thermoball insulation, as well as a medial zipper for easy access. The Icepick sole features temperature sensitive rubber lugs that harden for increased traction, especially on icy terrain. **\$296, available at The North Face stores at 313 @ Somerset, Marina Square, Paragon and Ion Orchard.**

PHILLIPS The **Shaver 9000** is its most advanced shaver yet. Having 8-directional ContourDetect heads, you'll be able to cut up to 20 percent more hair in a single pass. Its V-Track precision blade system ensures the removal of different lengths of hair, while still leaving your skin in great condition. Charge it for one hour and you'll have enough time for around 17 shaves. We like efficiency. \$599, available at Tangs. **For more info, visit www.philips.com.sg.**



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SKECHERS Go Flex Walk is the shoe that looks both sleek and athletic. Designed specifically for athletic walking, its flexible rubber sole provides durability and stability, with high-rebound cushioning to boot. To us, its minimalistic design makes it look good for both fitness and fashion.

For more info, go to www.skechers.com.sg.



SCHICK When it comes to shaving, most men would prefer a fuss-free variant that delivers comfort and efficiency. With a wide range of products available on the market, the **Hydro 5 Groomer** seems to stand out from the crowd. For a start, it's a 4-in-1 high-performance styling tool that promises to groom, edge, trim and hydrate throughout each shave. It's also an effective beard trimmer that delivers both power and comfort, with the razor end possessing five blades that contribute to this experience. Available at leading supermarkets and pharmacies. For more info, go to www.schick.com.sg.

THOMAS D'ESTHETIQUE So your buddy is getting married soon, and his big day is a week or so from now. If you haven't had a bachelor party yet, consider having a Brazilian waxing session done by them. It may sound unusual, but the fact is waxing parties are gaining popularity worldwide. In Singapore, bachelor waxing is a new Brazilian waxing experience that'll leave your soon-to-be-married buddy slick and suave – and ready to kiss the bride. How it works: Brazilian hard wax is applied to all your nether regions, and muslin strips are placed on top. Once it sets in properly, skilful hands will yank them off, leaving no unwanted blemish and – most importantly – no pain. The clinic is for men only, and all procedures are done by a trained male aroma therapist with over 20 years of experience for men's face and body. For more information, call them at 6337-6585 or visit the salon at #03-01 Excelsior Shopping Centre.



UNDER ARMOUR Enhance your workout with the **Heatgear Armour Coolswitch Supervent** shirt, a compression top that uses an exclusive coating on the inside – pulling away heat from your skin and allowing you to feel cooler and more comfortable. Key features include an ultra-durable, breathable Armourvent mesh back panel for total ventilation, as well as a four-way stretch fabrication for greater mobility in any direction. Additionally, anti-odour technology prevents the growth of odour-causing microbes. \$79, available at UA brand houses (Orchard Gateway, Collyer Quay, Tampines One, Bugis Junction and Vivocity).

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EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

STICK IT TO ALLERGIES

Call an acupuncturist. Needling might relieve persistent energy-sapping allergies by tamping down overactive immune responses. For best results, have 12 treatments - two or three a week, suggests John McDonald of Australia's Griffith University School of Medicine.

WATER DOWN STRESS

Turn off Tidal and listen to actual tides. The journal *Health Environments Research* reports that people who listened to the sound of waves began to calm down within just seven minutes. It's all about the "biophilia hypothesis," or the idea that human survival instincts are bound to natural surroundings because that's the environment in which we evolved.

BEWARE OF DECEPTION

A 2016 review by the advocacy group Oceana found that seafood worldwide was mislabelled 19 percent of the time. That means you could be paying steep cod prices for cheap tilapia. The most commonly mislabelled varieties: Asian catfish, hake and escolar. Ask the fishmonger where the fish is from and how it was caught. If they can't answer, then they probably don't know what they're selling either.

SPEED UP YOUR BRAIN

THERE'S NO SURE-FIRE WAY TO STAY SHARP AND AVOID DEMENTIA, BUT THERE ARE FUN WAYS TO TRY. "THINGS THAT SPEED UP YOUR BRAIN SEEM BEST," SAYS PHILIP HARVEY, DIRECTOR OF PSYCHOLOGY AT THE UNIVERSITY OF MIAMI MILLER SCHOOL OF MEDICINE. SPEEDY THINKING ENGAGES MORE BRAIN REGIONS TO STRENGTHEN NEURAL CONNECTIONS. PLAY A FAST-PACED GAME THAT GETS PROGRESSIVELY HARDER FOR ABOUT 45 MINUTES TWICE A WEEK.

EAT SLOW FOOD

In a Singapore study, people ate six times more quickly when their food was the "fast" variety (like a smoothie) than when it was "slow" (as in something that's bitten and chewed). What's more, these fast-food eaters ingested 10 to 30 percent more calories than the slow-food folks, though both groups tended to feel equally full.



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